

Chocolate-Mint Smoothie

Serves: 1

Prep time: 5 Minutes

Cooking time: Nil

Ingredients:

- ¼ cup coconut or almond milk
- 4 tablespoons coconut yoghurt
- ½ frozen banana
- 1½ cups baby spinach
- 1 teaspoon protein powder
- splash of vanilla
- splash of peppermint extract, **not oil**
- 4 mint leaves
- 2 teaspoons dark chocolate chips
- 3 ice cubes



*What a great way to start the day.
Healthy-Tasty-Fresh*

Method:

- Place all ingredients into the blender and blend until smooth
- Serve and enjoy