

# Healthy Shamrock Shake



## *Ingredients*

This St. Patrick's Day Green Smoothie lets you have a Shamrock Shake the healthy way!

Ingredients:

1 frozen, really ripe banana

1 cup almond, coconut, hemp, flax milk (your choice)

½ cup plain preferably dairy free, goat or sheep yogurt.

½ cup baby spinach, kale or other dark, leafy green of your choice)

½ teaspoon vanilla extract

¼ teaspoon mint extract

ice cubes - I used 4 regular-sized ones. This was probably about ¾ cup. Adjust accordingly based on the size of your ice cubes and how icy you want it.

Optional - you can add a bit of honey, stevia, etc., if needed, depending on how ripe and sweet your banana is. Enjoy!!