

# Snack: Mint and Cocoa Milkshake

Give a twist to your regular ol' berries milkshake! This mint and cocoa milkshake will cause your mouth to beg for more!



## INGREDIENTS

1 large frozen banana  
1 tbsp. of chocolate chips [or 1  
tsp. of cocoa powder]  
1/4 tsp of pure peppermint  
extract  
1 cup almond milk [more or  
less depending on how thick  
you like your milkshake]

Optional:

1/4 cup frozen spinach [I add  
more to get more greens]

**1.** Blend everything together in your  
blender and serve how you would like.

## CHEF'S TOP TIP

ADD / DISPOSE OF ANY INGREDIENTS YOU DON'T LIKE  
WITH THIS RECIPE, EVEN BY ADDING PROTEIN POWDER  
FOR A HEALTHIER PRE - WORKOUT TWIST.