




MAKES: 01
EST. COST: \$4.75 SERVING

MATCHA MINT CHIP SMOOTHIE

ACTIVE: 05 MIN
TOTAL TIME: 05 MIN

INGREDIENTS		DIRECTIONS	
1 cup	vanilla almond milk*	01.	Throw all of the ingredients except the dark chocolate in your blender, then blend until smooth.
3 cubes	frozen vanilla almond milk*		
1/2 cup	spinach		
1/2	avocado	02.	Add the dark chocolate and pulse your blender a few times until it breaks down into smaller pieces. Pour into a glass or mason jar if you wish.
1/2 tsp	matcha powder		
1/2 tsp	peppermint extract		
1 tsp	vanilla extract		
2 tbsp	maple syrup		
1 tbsp	dark chocolate – roughly chopped		
	*unsweetened		
EQUIPMENT			
			
Knife	Cutting Board	Blender	