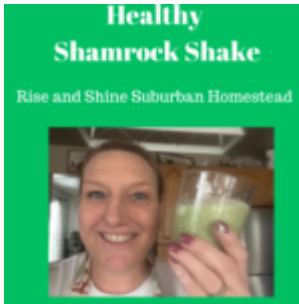


# Healthy Shamrock Shake

## Healthy Shamrock Shake



Don't let the ingredients fool you – it's delicious! Recipe from A Nourished Table LLC on IG

- 2 cups milk of choice
- 1 tsp peppermint extract
- 2 tsp vanilla extract
- 1/2 avocado
- 1/2 cup pure maple syrup (or raw honey)
- 1 cup packed raw spinach
- 4 cups ice cubes
- heavy cream, whipped and sweetened, optional

1. In a blender, combine milk, mint extract, vanilla, syrup, avocado and spinach
2. Blend until very smooth
3. Add the ice cubes and blend until the ice is crushed and it is a milkshake consistency.
4. Pour into 4 glasses. Top with sweetened whipped cream

Beverage  
Beverage