

# “Shamrock” Smoothie

## Ingredients:

- 1 cup vanilla almond milk or low-fat milk
- 2/3 cup 1% fat Greek Yogurt
- 2-3 teaspoon agave nectar (to taste)
- 1/4 teaspoon mint extract
- 1 cup frozen cut spinach
- 1/4 cup fresh mint leaves

## Directions:

1. Place all ingredients in a high-powered blender and blend until smooth.
2. This recipe makes two 16-ounce servings.

Nutrition Info: 137 calories, 2 g fat, 22g sugar, 8 g of protein