



Skinny Shamrock Shake

Shine 365
Marshfield Clinic

PREP TIME: 5 minutes • SERVINGS: 2

INGREDIENTS

- 3 ½ large frozen bananas, peeled
- ¾ cup fat free milk
- ¾ teaspoon peppermint extract
- 3-5 small spinach leaves (for color)
- 2 tablespoons fat-free whipped cream
- 1 tablespoon mini chocolate chips

INSTRUCTIONS

In a large blender, combine frozen bananas with milk and extract. Blend for about 5 minutes, scraping down the sides, until smooth.

Add spinach leaves and blend until desired color. Pour into two glasses and top with whipped cream and chocolate chips.

NUTRITION INFORMATION

Each serving contains about 326 calories, 8 g protein, 5 g fat, 72 g carbohydrates, 8 g fiber.