



SHAMROCK SMOOTHIE

Ingredients:

2 cups spinach

1 frozen banana

1 cup milk of choice

1-2 scoops protein powder



1/2 BeBOLD Bar (other 1/2 use as topping)

1/8 tsp peppermint extract or 5 fresh mint leaves

Ice

Instructions:

1. Blend until smooth

Recipe Create by Mariana Dineen, RD and Founder of
elementohealth.com

