



Clean & Green Shamrock Shake



Entire recipe (about 16 oz.): 133 calories, 4g total fat (0.5g sat. fat), 210mg sodium, 6g carbs, 1g fiber, 1.5g sugars, 20g protein



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Ingredients

- 3/4 cup unsweetened vanilla almond milk
- 1 oz. (about 6 tbsp.) natural vanilla protein powder with about 100 calories per serving (like [the kind by Tera's Whey](#))
- 1/3 cup spinach leaves
- 1/8 tsp. peppermint extract
- 1 1/4 cups crushed ice (about 8 ice cubes)

Directions

Place all ingredients in a blender. Blend at high speed until smooth, stopping and stirring if needed.

MAKES 1 SERVING

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