** HEALTHY SHAMROCK SHAKE**PREP TIME: 2 min Total Time: 5 mins  
**NUTRITION PER** Serving:1 @ Calories 313 || Total Fat 12g, Saturated Fat 2g, Monounsaturated Fat 7 g, Polyunsaturated Fat 1 g, Trans Fat 0g, Total Carbohydrate 30g, Dietary Fiber 7g, Sugars 22 g, Protein 21 g 42 %

**INGREDIENTS**

* **1/2 cup milk (low fat, 2%)**
* **¾ cup vanilla Greek yogurt— 15-20 g protein**
* **½ a small avocado**
* **½ tsp pure vanilla extract**
* **½ cup spinach frozen**
* **6 fresh mint leaves, or ½ TSP mint extract**
* **1 tsp honey**
* **½ CUP ice-- optional**

**INSTRUCTIONS**

1. Add ingredients to your [Vitamix](http://vitamixtrack.com/click.track?CID=292558&AFID=417333&ADID=1450715&SID=&NonEncodedURL=) (or other high-powered blender) in the order listed.
2. Blend, starting on low speed and gradually increasing to high until your mixture is smooth and homogenous.
3. Pour and serve immediately, top with whipped cream or chocolate!

**NOTES**: **Ingredient Substitutions**

* **Greek Yogurt/Milk:**If you avoid dairy, you can easily substitute a dairy-free yogurt and almond or coconut milk to make this dairy-free! I Recommend using honey or vanilla flavored yogurt*. If you use plain yogurt, you will need to increase the amount of honey so that it's sweet enough.*
* **Spinach.**Use frozen spinach to make a thick and creamy shake.
* **Honey:**Use any liquid sweetener of your choice.
* **Mint:**If you'd prefer, you can use mint extract instead of fresh mint, however I *love* the flavor the fresh mint imparts in this healthy shamrock shake!