

## ST PATTY'S DAY: SHAMROCK SHAKE

Nutrition info: Nutrition Facts Servings 1.0 | Amount Per Serving: calories 250  
Total Fat 3g, Total Carbohydrate 32g, Dietary Fiber 2g, Sugars; 24 g, Protein 22 g

Prep Time: Less than 5 minutes // Makes Servings: 1

### INGREDIENTS

- 1 cup milk of choice - lowfat
- 1/2 cup Greek yogurt of choice- Low fat if possible
- 1/2 banana, frozen
- 2 tbsp maple syrup- honey or sweetener of choice
- 1/2 tsp vanilla extract
- 1/4 tsp peppermint extract
- 1/2 cup spinach, frozen or fresh
- Ice, float to top

\* Coconut whipped cream, for garnish, Dye-free festive sprinkles, for garnish, optional



*BONUS: Add 1 scoop Protein powder for a more filling smoothie 🍷*

### DIRECTIONS:

1. Add all ingredients to blender and blend for 1 minute.
2. Garnish with coconut whipped cream and festive sprinkles. Enjoy!



## **A COMPARISON: The Original McDonald's**

**Small Shake:** Calories: 460;  
Carbs: 74; Fat: 13 g (8 g sat fat), Protein: 10 g, Sugar: 63 g

**Medium shake:** **560 calories**, 78 g of sugar  
**Large Shake:** **790 calories**, 112 g of sugar