

Mint Chocolate Chip Smoothie (Paleo, Whole30, Vegan)

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This one is for all of my Mint Chocolate Chip Lovers! It's officially Day 1 of the #SeptemberWhole30 and I'm kicking it off with a Smoothie recipe that I sip on at least 3-4 times a week! I've posted this recipe once before, but I'm re-posting to stress how important it is to freeze the your produce first to ensure a creamy, flavorful Smoothie! I've made Smoothies using room temperature or refrigerated fruit in the past, but I always had to add ice to get a smoothie consistency which totally diluted the flavor. By freezing the fruit & veggies first, you don't have to add any ice whatsoever, giving you the most flavorful Smoothie possible!

I prepare my "Smoothie Packs" in advance for the week so I can just pop them out of the freezer and blend when I'm ready to go! It only takes about 5 minutes of prep and makes for a super quick and nutritious breakfast. Just freeze your Spinach and Banana in a small Ziploc bag together overnight, add all of your other ingredients to the blender in the morning, pop in one of your Smoothie Packs and blend!

INGREDIENTS:

- 1 Large Ripe Banana, sliced and frozen overnight*
- 1 Large Handful of Frozen Spinach
- 10 to 20 Fresh Mint Leaves or 1/4 tsp Mint Extract
- 6 oz Dairy Free Milk
- 2 Tbsp Hu Kitchen Chocolate Gems for Paleo/Vegan or 100% Cacao Nibs for Whole30
- 2 Scoops of Collagen Peptides (exclude for Vegan)

INSTRUCTIONS:

1. Combine all ingredients in a blender and blend for 1-2 minutes. Top with additional Hu Chocolate and Enjoy!

NOTES:

* It's VERY important to make sure you freeze the fruit prior to using it in your smoothie! This avoids you having to add ice, which dilutes the flavor of the smoothie. Using frozen fruit will keep the consistency creamy and the smoothie very flavorful!

MAKES 1 SMOOTHIE

