

## Shamrock Shake

(Makes about 2 cups)

### Supplies:

- 2 ice cube trays
- Medium bowl
- Blender

### Ingredients:

- 1 (13.5 ounce) can light coconut milk (or use regular)
- 1 cup plus 1 tablespoon soy milk or milk of choice
- 3 tablespoons agave syrup (honey or maple syrup will also work)
- ¼ teaspoon vanilla extract
- ¼ to ½ peppermint extract
- 1 cup raw spinach
- Whipped topping and mini chocolate chips (optional)

### Directions:

1. Prepare the day before: Pour coconut milk into ice cube trays and freeze overnight.
2. Place around 16 coconut milk cubes in blender. Add 1 cup milk, agave, vanilla and ¼ teaspoon peppermint extract.
3. Add spinach and blend on medium-high speed until mixture is liquid. You should not see any pieces of spinach.
4. Open lid and stir. If mixture is too thick, add a tablespoon of milk and blend some more. If you prefer stronger mint flavor, add an additional  $\frac{1}{8}$  teaspoon peppermint extract. Repeat as needed, or until mixture is the desired thickness and flavor.
5. Add whipped topping and mini chocolate chips if desired. Serve immediately.



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