

Vanilla Mint Smoothie

Serves: 1-2

Ingredients:

11 oz (~1 1/3 cups) of milk of your choice

5 oz of plain fat-free Greek yogurt

2 Tablespoons of fresh mint leaves

1 cup baby spinach, packed

1 cup ice

1 teaspoon vanilla extract

1 teaspoon maple syrup

Directions:

Combine all ingredients in a blender and blend until smooth and reached desired consistency.

