

Grasshopper Smoothie



COURSE

Shakes, Snacks



SERVINGS

1 serving



CALORIES

307 kcal

INGREDIENTS

- 1 c unsweetened soy milk for soy-free, use soy-free plant milk
- ½ scoop vanilla protein powder
- 2 Tbsp vegan dark chocolate chips
- 12 mint leaves
- 1 small handful spinach
- ice + water
- whipped coconut cream & chocolate shavings optional topping

INSTRUCTIONS

1. Blend all ingredients together
2. Add water and ice to desired texture.

NUTRITION

Nutrition Facts

Grasshopper Smoothie

Amount Per Serving (1 serving)

Calories	307	Calories from Fat	144
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	% Daily Value*		
Fat	16g	25%	
Carbohydrates	18g	6%	
Protein	21g	42%	

* Percent Daily Values are based on a 2000 calorie diet.



KEYWORD

gluten free, soy-free

Tried this recipe?

Let us know how it was!