

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

% 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!