



THIN MINT SMOOTHIE

By Dr. Cindy Tanzar
(Standard)

Makes 1 serving covering your protein.



INGREDIENTS

2 Scoops Chocolate Protein Powder
10 oz unsweetened almond or coconut milk
1/4 teaspoon peppermint or mint extract
4 mint leaves (optional)
Stevia to taste

INSTRUCTIONS

Place all ingredients into a blender. Blend on high until creamy and frothy.
Serve immediately.