

Thin Mint Smoothie

Serves 1

Ingredients

- 1 cup coconut milk, rice milk, or hemp milk
- $\frac{3}{4}$ cup coconut water
- 1 tablespoon ground flax seed or ground chia seed
- 1 cup spinach
- 1 tablespoon cacao nibs
- $\frac{1}{2}$ avocado
- 1 teaspoon peppermint extract
- $\frac{1}{2}$ cup ice

Preparation

Blend until smooth.

Berry Dreams Smoothie

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