

Recipe: MINT CHOCOLATE CHIP SMOOTHIE

SERVES 2



Ingredients

- 2 bananas
- 1 large can of coconut water
- ¼ cup of pumpkin seeds, brazil nuts, or macadamia nuts
- ½ cup of unsweetened shredded coconut
- ¼ cup of hemp seeds
- 4 dates, pitted
- 1 cup of fresh mint leaves
- 1 cup of spinach
- 1 handful of ice
- ¼ cup of cacao nibs

Directions

Add all ingredients to a blender except cacao nibs and mix until smooth. Add in cacao nibs and blend to mix, about 5 seconds. Thin with more water if needed. If using frozen bananas, leave out ice.