

LUCKY CLOVER SHAKE

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Gluten Free, Lower Sodium, Vegetarian

Serves: 1 (Serving= 1 shake)

Nutrition (per serving)

Calories: 227	Total Carbohydrate: 34
Total Fat: 7 g	Dietary Fiber: 1 g
Saturated Fat: 5 g	Total Sugars: 27 g
Sodium: 30 mg	Protein: 7 g

Ingredients

- 1 cup low fat/light vanilla ice cream
- 1 cup packed raw spinach leaves
- 1/8 teaspoon pure mint extract

Directions

1. Combine all ingredients in a Ninja® blender or Nutribullet® and blend until green and smooth.