



## Mint Chocolate Chip Green Smoothie

Prep Time: 10 minutes

Cook Time: 0 minutes

Total Time: 10 minutes

Servings: 2

Serving Size: ½ of recipe

### Ingredients:

2 cups romaine or other light greens  
½ cup packed fresh mint leaves  
2 scoops chocolate protein powder\*  
2 tablespoons organic cocoa powder or raw cacao nibs  
1 ½ cups unsweetened coconut milk  
1-2 large handfuls of ice (depending on how cold and icy you like it)

### Directions:

1. Place all ingredients into blender. Tear the mint leaves slightly as you put them in – it will help release the oils and mint flavor.
2. Blend on high until well combined and smooth.
3. Pour into glasses and garnish with a mint leaf and some cacao nibs if desired.
4. Enjoy!

### Tips and Tricks:

\*\*We recommend a protein powder that is low in carbohydrates & sugars and high in protein. Use the 20/15 rule—you want 15 or LESS grams of carbohydrates and 20 or MORE grams of protein per serving. Nutritional information assumes you follow the above rule when selecting your protein powder. See our blog, [How to Choose a Protein Powder](#), to learn more.

### Nutritional Information Per Serving:

**Calories: 180**  
**Fat: 5.0 g**  
**Cholesterol: 0.0 mg**  
**Sodium: 465 mg**  
**Total Carbohydrate: 10.9 g**  
**Dietary Fiber: 6.4 g**  
**Sugars: 4.1 g**  
**Protein: 23.7 g**