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# Peppermint Patty Green Monster

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## **Ingredients:**

1 banana, frozen

2 handfuls uncooked spinach

1 C skim milk

Honey to taste (optional)

½ T cocoa powder

10 small mint leaves

4 ice cubes

## **Directions:**

Layer the ingredients in the blender, starting with the spinach, mint, and cocoa, then the banana and ice, and finally pouring the milk over the top. This order helps weigh the light ingredients into the blender mechanism.

Blend for a few minutes or until smooth, pour into a glass and serve immediately. Serves one.

Any type of mint can be used, but I used chocolate mint to accentuate the peppermint patty taste. Honey or chocolate syrup can be used to sweeten the smoothie if desired.

