

# Mint Chocolate Chip Shake



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Servings: 1

Prep Time: About 5 minutes

Inspired by Dr Gundry's Shakes & Recipes

## Ingredients

- 1 1/2 cups Organic Unsweetened Coconut or Almond Milk
- 1/2 Large Avocado
- 1 Large Handful Organic Baby Spinach, Washed
- 5-6 Mint Leaves, Washed (Organic if possible)
- 1 dropper Organic Stevia OR 1/4th Organic Monk Fruit Powder (erythritol free)
- 3 Tablespoons Organic Cacao Nibs
- 4 Spring Water Ice Cubes

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## Instructions

1. Add all above ingredients (EXCEPT the Cacao Nibs) in a blender and blend until creamy. (Add more milk if needed)
2. Now, add your cacao nibs and blend for just a few seconds (you don't want to over blend as you want the cacao nibs to stay like little chocolate chips in your shake).
3. Enjoy!