

Shamrock Shake

Nutrition Facts:	
Yield	2
Calories	170
Fat	6 g
Sodium	90 mg

Code
\$, Q, RH



Ingredients Needed:

¾ cup fat-free milk

¾ cup fat-free vanilla frozen yogurt

1/3 cup sliced avocado

1 Tbsp. raw sugar

¼ tsp. mint extract (not peppermint)

1 cup crushed ice

Recipe Directions:

- Pour the milk, frozen yogurt, avocado, sugar, mint extract, and ice into your blender.
- Blend 3-4 minutes until the mixture is thick and icy.
- Pour into two glasses, serve immediately.