



Morning Mint Shake

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Course: **Shakes**

Servings

1 servings

Total Time

10 minutes

Calories

327 kcal

INGREDIENTS

1 serving Vanilla Life Time D.TOX Shake Mix

1 serving Life Time Fiber

1 cup unsweetened coconut milk

1 cup raw spinach

1/4 ea avocado

1/4 tsp. vanilla extract

3-4 ea mint leaves

DIRECTIONS

1 Place all ingredients in a blender and mix until smooth.

