

# Peppermint Chocolate Smoothie

JOYOUS HEALTH

Recipe by Joy McCarthy from Joyous Health

## Ingredients:

- 1/2 a ripe avocado
- 3 tbsp raw cacao powder or cocoa powder
- 1 scoop fermented organic vegan proteins+ by Genuine Health (chocolate flavour)
- 1/2 tsp peppermint extract or 2 tbsp fresh peppermint leaves
- 3 medjool dates, pitted
- 1 banana
- 1/2 cup plain coconut yogurt
- 1-2 cups oat or almond milk to desired consistency
- Handful of chocolate chips

## Instructions:

1. Place all ingredients into a high power blender and blitz until smooth and creamy.
2. Enjoy!

## Notes:

Makes 1 generous smoothie, or 2 small ones