

Dave's Own Lucky Clover



Servings:

8 servings

Prep Time:

5 min

Ingredients

- 1.5 quart **Vanilla Frozen Yogurt, Fat-Free**
- 1 cup **Spinach, Frozen**
- 1 cup **Avocado, Frozen**, (1 whole fresh)
- 2 tsp **Vanilla Extract**
- 4 each **Mint Leaves**
- 1/4 tsp **Mint/Peppermint Extract**
- 2 cup **Milk, Low Fat**

Method of Preparation

Step 1

Place all ingredients into a blender.

Step 2

Start at low speed and gradually bring it to high speed.

Add milk gradually to reach desired consistency. Everything should be smooth and creamy.

Step 3

Top with whipped cream & green sprinkles. Sláinte!

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