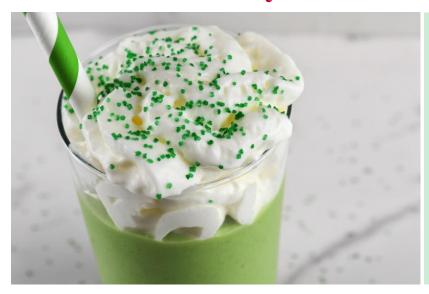


Dave's Own Lucky Clover



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!

For additional recipes & nutrition facts, visit us again at www.davesmarketplace.com