



Higher Health Shamrock Shake

1 cup almond milk

¼ cup organic Greek yogurt

1 handful spinach or kale or combo/both

1 apple

1 small banana

¼ cup rolled oats (gluten free)

4 inch sprig, fresh mint

2 cups of ice

Blend in high power blender. Use all organic ingredients, if possible!

Enjoy ~ be of luck and good cheer!

(Makes ~ 32 ounces.)

Higher Health Lifestyle Recipe

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