

Lucky Clover Shake Recipe



Happy St. Patrick's Day!

Whether you're Irish, celebrate with the Irish, or don't celebrate St. Patty's at all, this delicious smoothie will make your day.

It's really a shake, but it's so good for you, you can eat it for breakfast any morning. We use fresh mint leaves to give it a refreshing mint flavor, plus optional peppermint extract. If you can't find peppermint extract at your supermarket, it will still be delicious with just the mint leaves.

On Thursday, I'm going to share how to get your kids to cut back on sugar, and this recipe is an ideal way to get started. My kids love it – it really tastes like mint ice cream to them. And we top it with raw cacao nibs to give it a chocolatey sprinkle.

Give it a try and let me know what you think over [on Facebook](#).

LUCKY CLOVER SHAKE

Ingredients [Serves 2]

- 1 cup unsweetened coconut milk
- 1/4 cup canned coconut milk (I use Native Forest)
- 1 1/2 cups fresh spinach
- 1/2 cup fresh mint leaves
- 2 bananas, frozen
- 4 dates, pitted
- 1 tsp. vanilla (I use Medicine Flower Vanilla Extract, 4 drops)
- Pinch of sea salt (Celtic Grey, Himalayan, or Redmond Real Salt)
- Optional: 1/4 tsp. mint and/or peppermint extract



Directions

Blend and enjoy!

GET OFF YOUR **SUGAR** — summit —

**FREE & ONLINE
FROM MAR 23-29**

getoffsugarsummit.com

More addictive than cocaine, sugar alters brain chemistry and hijacks your health — causing cravings and withdrawal symptoms, bingeing, and weight gain. But there is a way to leave sugar behind. You'll find out about it at an epic online event I'm hosting soon...

Don't miss [The Get Off Your Sugar Summit](#), a free event starting Monday, which will help you understand and address sugar's insidious effects and how to kick the sugar habit for good.

[Get access to all of the interviews, guides, and bonuses now!](#)