



Northeast Georgia Medical Center
BARIATRIC WEIGHT LOSS CENTER



Mint Protein Shake

Number of servings: 2

Ingredients:

- 1 small handful fresh spinach
- 1 cup low fat milk
- 1 scoop vanilla whey protein isolate
- ¼ cup low fat plain greek yogurt
- 1 Tbsp cocoa powder
(unsweetened)
- ½ tsp peppermint extract
- 3 ice cubes
- Mint sprigs for garnish



Steps:

1. Add all the ingredients into the blender, except the mint sprigs as those are for garnishing.
2. Blend until smooth and the protein powder is well dissolved.
3. Split the smoothie into two servings. You can save one serving in the refrigerator for up to 3 days. Before drinking just place the smoothie back into the blender to blend everything together real quick.
4. Garnish with a fresh mint sprig. Enjoy!

Nutrition Facts (per serving):

Calories: 184, Protein: 27g, Fat: 3.8g, Carbohydrates: 11g, Sodium: 181mg

Recipe Source: Fresh Start Bariatric Cookbook by Sarah Kent (p.33)