

A Healthy Take On The Shamrock Shake With Matcha

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Serves: 1 smoothie

Ingredients

- 1 banana
- handful of ice cubes; about 5 regular size ice cubes
- handful of spinach; optional
- 1 teaspoon match powder
- 8 oz unsweetened hemp milk; plus more if needed (you can use any milk you like)

Instructions

1. *Place all of the ingredients into a blender
2. *Blend together until smooth
3. *Add more hemp milk if it is too thick

Recipe by From Scratch With Maria Provenzano at <http://fromscratchwithmaria.com/healthy-take-shamrock-shake-matcha/>

