



Creative Juices
Consulting

Chocolate Mint Smoothie (24 Hours of Booty original recipe)

1 cup chocolate coconut water (can add more to desired consistency)
5 medium mint leaves
1 cup kale
1 TBSP honey or agave nectar
1 banana
1 tsp coco powder
1 TBSP walnuts
Ice

Instructions:

Place all ingredients in Vita-Mix in order listed. Select variable speed 1. Turn on machine and quickly increase speed to 10 then turn to high. Run for 1 minute or until smooth.