



EVERYTHING
HERBAL
by Cheryl Jabz



Peppermint Green Smoothie

Refreshing • Energizing • Nourishing

This Peppermint Green Smoothie is a cool, refreshing blend made with banana, spinach, almond milk, and fresh peppermint leaves. It is light, creamy, and naturally uplifting—perfect for a nourishing breakfast or afternoon pick-me-up.

INGREDIENTS

-  1 banana
-  Handful of spinach
-  1 cup almond milk
-  Fresh peppermint leaves
-  Ice



INSTRUCTIONS

-  Add banana, spinach, almond milk, peppermint leaves, and ice to a blender.
-  Blend until smooth and creamy.
-  Pour into a glass and enjoy immediately.



BENEFITS



Energy boost



Nutrient-dense



Metabolism support



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