



PEPPERMINT APPETITE CONTROL SMOOTHIE

A refreshing, fiber-rich smoothie with peppermint, apple, spinach, and almond milk to help support fullness and reduce cravings.

INGREDIENTS:

- 1 green apple
- 1 cup spinach
- 1 cup unsweetened almond milk
- Fresh peppermint leaves
- 1/2 banana
- Ice

INSTRUCTIONS:



Blend until smooth.

WHY IT HELPS:

- ✓ High fiber for fullness.
- ✓ Naturally sweet without added sugar.
- ✓ Peppermint may help reduce cravings.



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