



HOME CHEF

BLENDER REQUIRED

Mint Chocolate Smoothie



Mint and chocolate get a healthful kick from kale in this smoothie, which will set your morning off on the right foot.

OVERVIEW



TIME TO PREPARE



EASY RECIPE



DAYS BEST COOKED BY

DIETARY



GLUTEN-FREE



SOY-FREE

NUTRITION

Calories: 210
Carbohydrates: 39g
Fat: 2g
Protein: 10g
Sodium: 144mg
per serving

DRINK PAIRING

Ever had a Grasshopper? It's a cocktail made of crème de cacao, crème de menthe, and heavy cream. Turn this smoothie into a cocktail with an ounce of either crème.

INGREDIENTS

2 oz. Kale
3 Mint Sprigs
3 oz. Chocolate Syrup
5.3 oz. Vanilla Greek Yogurt
8 oz. Almond Milk, Vanilla,
Sweetened
1 tsp. Peppermint Extract



Prepare the Ingredients

Stem **kale** and coarsely chop leaves. Stem **mint**, reserving a few leaves for garnish. Set aside a drizzle of **chocolate sauce** for garnish. Add **all ingredients** to the canister of a blender.



Make Smoothie

Add 2 cups of **ice** and blend on high for 2 minutes, or until smooth.

WHAT YOU NEED

Ice



Drink and Enjoy!

Divide **smoothie** between two glasses. Garnish with reserved **chocolate sauce** and **mint leaves**. Enjoy! *The Romans liked mint's refreshing scent so much that it was used to flavor many of their early drinks, condiments, and cooked dishes.*

EQUIPMENT

Blender/Food Processor/
Immersion Blender

DID YOU KNOW?

The Swiss consume more chocolate per capita than any other nation on earth. That's 22 pounds each, compared to 11 pounds per person in the United States.

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