

## Weight Loss Shake Recipe: Shamrock Recipe



1 portion contains approximately 287 calories - 30 g protein - 5 g fat - 20 g carbohydrates - 1.7 g fiber

### Ingredients (for 1 person)

- **8 Tbsp** Almased
- **12 oz** unsweetened vanilla almond milk or coconut milk
- **1 tsp** cocoa powder (unsweetened)
- **1-2 tsp** peppermint extract
- **tsp** matcha green tea powder
- **tsp** Spirulina
- **tsp** monk fruit or stevia sweetener (optional)



## Preparation

Into a blender or shaker cup, add milk, powders, and extract. Then add Almased. Blend or shake for 10-20 seconds. Pour into a cup and enjoy!

\* The shakes should be prepared with your individual serving size. See 'How to properly dose your Almased shake' for dosing instructions. Please keep in mind that this will also change the nutritional information of the shakes.