

# shamrock shake *from primallyinspired.com*

*Forget about McDonald's shamrock shake, this one tastes great and is better for you.*

- 1 can coconut milk (you can also sub 1  $\frac{3}{4}$  cups of any other type of milk)
- 1 avocado, peeled and seed removed
- 2  $\frac{1}{2}$  – 3 T pure raw honey, (or other sweetener of choice)
- 1 C of ice
- 1 T pure vanilla extract
- 1 t pure peppermint extract

Put everything in the blender and blend. Enjoy!



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