

# Minty Chip Smoothie

A sweet and refreshing mint chocolate chip smoothie that's packed with nutrients, can you think of a better way to fuel your body?

With a boost of plant protein from **CanPrev's Aquatein Vegan Superprotein**, energy support and connective tissue strengthening from **L-Lysine**, this smoothie is the perfect post-workout beverage.



Preparation time: 5 mins | Servings: 1



## Ingredients

- 1-2 cups oat milk or non-dairy beverage
- 1 frozen banana
- ½ tsp mint extract
- 1 tbsp cacao powder
- 1 tbsp raw honey
- 1 tbsp cacao nibs
- ½ scoop Aquatein powder
- 1 scoop L-Lysine powder

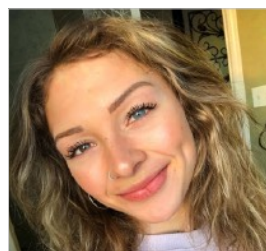
## Method

1. Add all ingredients to a blender and blend on high for about 30 seconds, or until smooth.
2. Optional: add liquid to reach desired consistency. Enjoy!

## Featured Products



Developed by: Nikki Bowman



A fitness and healthy eating enthusiast, Nicole combines her background in Human Nutrition with her passion for cooking to achieve delicious treats with functional benefits.

