

# Mint Chocolate Chip No-Milk Shake

Ivy Larson - "Clean Cuisine"  
Palm Beach Post

## Servings: 2

1 frozen banana, cut into bite-sized pieces  
1/2 cup frozen peaches  
1/2 cup raw macadamia nuts  
(ideally soaked in water for two to three hours, then rinsed and drained)  
1/3 cup chopped fresh mint leaves  
3 tablespoons raw cacao nibs (such as Navitas brand)  
2 or 3 pitted dates  
1/2 teaspoon pure vanilla extract  
1 1/2 cups water  
3 or 4 ice cubes

Place all of the ingredients except the ice in a high-powered blender. Process until smooth and creamy.

Add the ice and process again.

Drink chilled.

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Per Serving (excluding unknown items): 23 Calories; trace Fat (1.1% calories from fat); trace Protein; 6g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 7mg Sodium.  
Exchanges: 1/2 Fruit.

Beverages

## Per Serving Nutritional Analysis

|                                |       |                     |       |
|--------------------------------|-------|---------------------|-------|
| Calories (kcal):               | 23    | Vitamin B6 (mg):    | trace |
| % Calories from Fat:           | 1.1%  | Vitamin B12 (mcg):  | 0mcg  |
| % Calories from Carbohydrates: | 96.4% | Thiamin B1 (mg):    | 0mg   |
| % Calories from Protein:       | 2.5%  | Riboflavin B2 (mg): | 0mg   |
| Total Fat (g):                 | trace | Folacin (mcg):      | 1mcg  |
| Saturated Fat (g):             | trace | Niacin (mg):        | trace |
| Monounsaturated Fat (g):       | trace | Caffeine (mg):      | 0mg   |
| Polyunsaturated Fat (g):       | 0g    | Alcohol (kcal):     | 0     |
| Cholesterol (mg):              | 0mg   | % Refuse:           | 0 0%  |
| Carbohydrate (g):              | 6g    |                     |       |

## Food Exchanges

**Dietary Fiber (g):** 1g  
**Protein (g):** trace  
**Sodium (mg):** 7mg  
**Potassium (mg):** 54mg  
**Calcium (mg):** 7mg  
**Iron (mg):** trace  
**Zinc (mg):** trace  
**Vitamin C (mg):** 0mg  
**Vitamin A (i.u.):** 4IU  
**Vitamin A (r.e.):** 1/2RE

**Grain (Starch):** 0  
**Lean Meat:** 0  
**Vegetable:** 0  
**Fruit:** 1/2  
**Non-Fat Milk:** 0  
**Fat:** 0  
**Other Carbohydrates:** 0

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## Nutrition Facts

Servings per Recipe: 2

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### Amount Per Serving

**Calories** 23 Calories from Fat: 0

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#### % Daily Values\*

|                            |                     |    |
|----------------------------|---------------------|----|
| <b>Total Fat</b>           | trace               | 0% |
|                            | Saturated Fat trace | 0% |
| <b>Cholesterol</b>         | 0mg                 | 0% |
| <b>Sodium</b>              | 7mg                 | 0% |
| <b>Total Carbohydrates</b> | 6g                  | 2% |
|                            | Dietary Fiber 1g    | 2% |
| <b>Protein</b>             | trace               |    |

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|                  |  |    |
|------------------|--|----|
| <b>Vitamin A</b> |  | 0% |
| <b>Vitamin C</b> |  | 0% |
| <b>Calcium</b>   |  | 1% |
| <b>Iron</b>      |  | 1% |

*\* Percent Daily Values are based on a 2000 calorie diet.*