**Thin Mint Smoothie**

By Coach Katie   
If you feel like you're single-handedly keeping the girl scouts in business during cookie season, or if you're just looking for a healthy way to enjoy a minty-chocolate treat, try this smoothie. With raw cacao and fresh mint, you get the flavor without the sugar. Banana makes it sweet, avocado makes it creamy, and greens give it that extra nutrition boost.   
Ingredients:   
1 frozen banana   
1/4 avocado   
1 handful greens of choice (spinach, kale, chard, etc)   
1 tbsp unsweetened cocoa powder   
1 cup milk, make sure it is unsweetened if it is an alternative milk   
Equipment:   
Blender   
Measuring spoon   
Measuring cup   
Glass for serving   
  
Place all dry ingredients in your blender, starting with the banana first, then pour the milk over the dry ingredients. Blend until smooth. Test texture by seeing if it drips off the blade easily (can also use a spoon to test if your blade is not removable). Pour into a glass and enjoy!