



Shamrock Shake

Ingredients 3/4 cup of your choice of milk

4 scoops of vanilla ice cream (we recommend soy)

1 loose cup of fresh mint leaves

2 tsp agave

1 tsp vanilla essence

Add all ingredients to a blender and blend until smooth. Top with whipped cream and chocolate chips or hundreds and thousands.

Optional Make it choc mint by using chocolate ice cream instead of vanilla. For a stronger peppermint flavour, add 1/2 - 1 tsp peppermint essence.



