

## Matcha Mint Chocolate Chip Shake

Amy Symington

**Preparation Time:** 10-15 minutes

- Equipment: Blender

### Ingredients

#### 6 servings

4 large (550 g) frozen bananas  
3 cups (750 ml) unsweetened soy milk  
½ cup (12 g) packed mint leaves  
1/3 cup (36 g) cacao nibs  
1 tbsp (15 ml) maple syrup  
1 tbsp (6 g) matcha powder  
1 tsp (5 ml) vanilla extract

#### 24 servings

16 large (2.2 kg) frozen bananas  
12 cups (3 L) unsweetened soy milk  
2 cups (48 g) packed mint leaves  
1 1/3 cup (175 g) cacao nibs  
¼ cup (60 ml) maple syrup  
¼ cup (24 g) matcha powder  
4 tsp (20 ml) vanilla extract

### Directions

1. In a blender add all ingredients. Blend until leaves are fully incorporated and texture is relatively smooth, but still leaving some cacao nibs for a bit of texture and crunch.
2. Garnish with leftover mint or cacao nibs.

### Tips:

- 1) For 24 servings, blending will have to be done in batches. Follow the 6-serving quantities and repeat 4 times.
- 2) Add the cacao nibs after blending for a chunkier and greener shake.

## Nutritional Information

<b>Nutrition Facts</b>	
<b>Valeur nutritive</b>	
Per 1 cup (250 mL) par 1 tasse (250 mL)	
<b>Calories 190</b>	<b>% Daily Value*</b>
	<b>% valeur quotidienne*</b>
<b>Fat / Lipides 6 g</b>	8 %
Saturated / saturés 3 g	15 %
+ Trans / trans 0 g	
Omega-3 / oméga-3 0 g	
<b>Carbohydrate / Glucides 28 g</b>	
Fibre / Fibres 6 g	21 %
Sugars / Sucres 14 g	14 %
<b>Protein / Protéines 6 g</b>	
<b>Cholesterol / Cholestérol 0 mg</b>	
<b>Sodium 45 mg</b>	2 %
Potassium 500 mg	11 %
Calcium 150 mg	12 %
Iron / Fer 1 mg	6 %
Vitamin A / Vitamine A 10 mcg	1 %
Vitamin C / Vitamine C 9 mg	10 %
Vitamin E / Vitamine E 0.1 mg	1 %

\*5% or less is a little, 15% or more is a lot  
\*5% ou moins c'est peu, 15% ou plus c'est beaucoup

**Intro:** The ways to use polyphenol rich green tea and cacao are endless and this shake is an example of chocolatey ingenuity. On top of that, frozen bananas make a beautifully sweet and creamy base and with the addition of mint leaves, this shake is best described as a sip of fresh winter air. This is a recipe to share with that health foodie friend.

**Symbols:** high source of fibre, good for bowel motility, nausea and fatigue, high protein, kid friendly, good for all seasons, easy to swallow, nut free

**Functional foods present:** bananas, soy, green tea, cacao nibs, leafy greens (mint)

**Examples of phytonutrients and anti-oxidants present:** isoflavones (soy), polyphenols (green tea, cocoa nibs), carotenoids (leafy greens)

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Chef Amy Symington is Gilda's Club Toronto's Nutrition Coordinator and a George Brown College Chef. All author proceeds from The Long Table Cookbook are being donated to Gilda's Club Greater Toronto to support their important social, emotional and nutritional programming.



*“In the nutrition world, it is becoming more and more apparent that we do, in fact, have a say in how our health turns out. Sound nutrition, which includes whole, plant-based foods, is more important than is sometimes credited by your average healthcare institution. Supplying the general population with the practical tools to steer themselves and their loved ones toward optimal health is what I strive for every day of my wonderful existence. My aim is to inspire.”*

– Amy Symington