

## Matcha Mint Chocolate Chip Shake

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**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 <b>little</b> , 15% or more is a <b>lot</b>	
*5% ou moins c'est <b>peu</b> , 15% ou plus c'est <b>beaucoup</b>	

**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)