

Mint Chocolate Chip Pops from Glow Pops by Liz Moody

Ingredients

½ cup packed fresh mint leaves
½ cup packed spinach
¾ cup cashew milk
2 bananas
½ teaspoon peppermint extract (optional)
½ teaspoon pure vanilla extract
⅛ teaspoon sea salt
¼ cup raw cacao nibs or dark chocolate chips

Instructions

1. Blend together the mint, spinach, and milk until smooth. Add the bananas, peppermint extract (if using), vanilla, and salt and blend until very smooth. Add the cacao nibs and pulse just until well distributed but still intact.
2. Pour the mixture into pop molds and freeze for 1 hour, then insert sticks and freeze for at least 4 hours more, or until solid.

Katie's notes: I used almond milk instead of cashew milk, and in addition to the ¼ cup raw cacao nibs I also used almost a ¼ cup of chopped dark chocolate. I highly suggest using more chocolate than the recipe calls for!

Will it smoothie? It will! Use frozen bananas, add ⅓ - ¼ cup yogurt and a handful of ice cubes to the second round of blending. If using chocolate chips or chunks, be sure to chop them small enough to go through a straw.