



# Peppermint Chip Smoothie Shopping List

Dairy Free Milk



Frozen Dragon Fruit / Pitaya



Vegan Vanilla Protein



Peppermint Extract



Chia Seeds



Coconut Cream



Flax Seeds



Or

Medjool Dates



Coconut Yogurt



Cacao Nibs



Collagen Powder



ChristiHealthCoach.com

Optional Toppings: Cacao Nibs