

# ‘Peppy’ Carob Green Monster

Yield: 4 min  
Total Time: 85 min

Recipe from: <https://www.recipeschoose.com/recipes/carob-easter-eggs-recipe>

## Ingredients:

- 3 cups spinach steamed, helps calcium absorption when you steam it
- 3 cubes ice
- 1 cup almond milk or your choice
- 1/2 teaspoon peppermint extract pure, or 3-4 fresh mint leaves
- 1 3/4 tablespoons carob powder, adjust to your taste
- 1/2 banana
- 1 tablespoon seeds chia, or flax
- extract Kyolic Garlic