

# creme de menthe

muscle relaxant

antioxidants

high in b vitamins, folate  
& magnesium

good for skin and hair

sleep aid

whole food secrets



[wholefoodsecrets.com](http://wholefoodsecrets.com)



# creme de menthe

prep time: 5 mins

servings: 4 x 175 ml

Deborah Murtagh's

whole food secrets

reviving ancestral cooking



## ingredients:

2 cups of fresh almond, or hazelnut milk  
A few drops of organic peppermint essence or 2 drops high quality essential oil, to taste  
¼ cup raw cacao powder, or cocoa powder  
3 tbsps maple syrup  
1 cup of ice  
2 tbsps cacao nibs to garnish (optional)

## method:

1. Place all ingredients (excluding the ice) into your blender and whiz on high until smooth.
2. Add the ice and the blend until thoroughly combined. You shouldn't have any pieces of ice left, (unless you prefer it chunky).
3. Top with cacao nibs.

Variations: Jaffa. To make an orange chocolate smoothie, just omit the peppermint oil and add a few drops of wild orange essence instead.  
Hot chilli chocolate: Omit the peppermint essence and add a pinch of cayenne pepper to taste.

notes:



nutrition data per serve | carb 23 g | carb from sugar 13 g | net carbs 14 g | protein 8 g | fat 17 g | fibre 9 g