Mint Chocolate Chip Smoothie

Ingredients
1/2 cup boiling water
1 peppermint tea bag
1/2 cup non-dairy milk, Rice, Coconut Hemp or Coconut
2 cups spinach
1 medium frozen banana
2 tablespoons hemp seeds
6 ice cubes
3 tablespoon non-dairy chocolate chips, divided

Directions
1. To be prepared at least 30 minutes in advance: Steep the tea in the 1/2 cup boiling water until ready to use in the smoothie so that it's really concentrated. Wait until the water has cooled, about 30 minutes. I just make my tea at night and let it sit on the counter overnight.
2. Place all ingredients but chocolate chips in your blender in the order of the ingredients listed. Blend for 30 seconds or until smooth.
3. Drop in half of the chocolate chips and pulse quickly.
4. Pour into a cup and top with leftover chocolate.
Preparation Guide
This guide will ensure that you have everything you need to make a successful meal, before you begin cooking. Start by reviewing the checklist below and mark off any equipment or ingredients that you already have stocked in your fridge, freezer or pantry. Then, take this guide with you to the grocery store for a simple shopping list.

Equipment
- Tea kettle or saucepan, for boiling water (can also use a microwave and a microwave-safe dish)
- Mug, teacup, or other dish for steeping tea
- Measuring cups
- Measuring spoons
- Blender

Grocery List
- 1 medium banana
- 5 ounce package of spinach (organic if possible)
- 1 carton non-dairy milk (Rice, Coconut Hemp, Almond, or Coconut)
- Hemp seeds (2 tablespoons)
- Peppermint tea (1 bag)
- Non-dairy chocolate chips (3 tablespoons)

*Optional ingredients