

# McDonald's Shamrock Shake vs. The Food Hero recipe

- The McDonald Shamrock Shake has 50 ingredients. The Food Hero recipe has 5.
- The McDonalds Shamrock Shake has 530 calories for a 12 ounce serving. The same size of the Food Hero recipe has approximately 165 calories.
- The McDonalds Shake has 73 grams of sugar most of which are added. The Total Sugars in the Food Hero recipe comes from the natural lactose found in the milk and yogurt. The Food Hero recipe has 0 grams of added sugar.
- The McDonalds Shake has 12 added sugars which include corn syrup, high fructose corn syrup, corn syrup solids and dextrose. The Food Hero recipe has 0.
- The Food Hero recipe has ingredients from 3 food groups from the MyPlate.

## Try the healthy version of a Shamrock Shake

### Ingredients:

- 2 cups fresh spinach, rinsed well
- 1 cup skim milk
- 1 cup fat free vanilla yogurt
- 1 frozen banana (remove peel before freezing)
- 3 mint leaves

### Instructions:

1. Put spinach, skim milk, yogurt, and mint leaf in the blender. Blend until smooth.
2. Add frozen banana to blender, and blend until smooth. Serve cold.

**Nutrition Facts:** 4 servings per container (serving size 8oz.), Calories 110, total fat 0g, cholesterol 0 mg, sodium 65mg, total carbohydrate 17g, total sugars 15g, protein 9g