



Date Smoothie

(2 serves)

Ingredients

2 medium bananas
¼ cup dates, pitted
2 cups non-dairy milk
1 tsp chia seeds
½ tsp cinnamon
Pinch of sea salt
3-4 ice-cubes

Instructions

1. Combine all ingredients in a blender until smooth.
2. Serve with a sprinkle of cardamom.

Tip: You can make these in bulk and freeze them in muffin cups.



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Content Collaboration:

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