

LAⁱⁿ BLOOM

DATE SHAKE

Almond Banana Date Smoothie

Serves 1

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This power breakfast is inspired by a magical weekend in Palm Springs, when I first visited Hadley Fruit Orchards to taste their famous "Date Shake." This creamy blend of dates, bananas and ice cream was all the rage in the 60's and 70's. The shake was delicious - I really loved the combination of ingredients - but it was too rich for my taste. So I came up with this fake-out version, which I like even better than the original. Instead of ice cream, the almond milk and banana, combined with a handful of ice, blends into something creamy and seemingly decadent. This is a healthy breakfast masquerading as something far more indulgent. And because of the protein in the almond butter, it carries me to my lunch hour.

- 1 banana
- 2 pitted fresh dates
- 1 tablespoon almond butter
- 1 cup of almond milk
- a pinch of cinnamon
- 1 cup of ice (add more or less depending on your taste)

Combine ingredients in blender and blend until creamy and smooth.