



CHAI LATTE SMOOTHIE

Yield: 1-2 servings

Ingredients:

- ❖ 3-4 pitted dates, chopped
- ❖ 2 cups unsweetened almond milk (“So Delicious”)
- ❖ 2 tablespoons raw almond butter (“Artisana”)
- ❖ 1 frozen banana
- ❖ 1 tablespoon of ground allspice
- ❖ 2 tablespoons hemp seeds
- ❖ 1 tablespoon ground flaxseed



Procedure:

In a high-speed blender, add all ingredients and process until liquefied.