

Frosty Date Shake



Recipe Courtesy Chef Bryan Woolley

1/3 cup chopped pitted dates
2 cups vanilla almond milk
1/2 cup fat free vanilla yogurt
1 ripe banana
pinch nutmeg
ice cubes
water

1. Place the pitted dates in a small bowl and sprinkle with about 2 tablespoons of water. Let them soak for about 10 minutes.
2. In a blender combine the dates, almond milk, yogurt, banana, and nutmeg. Blend until smooth.
3. Pour into a chilled glass and sprinkle with nutmeg for garnish. Enjoy!

Nutritional Analysis (per serving)

Calories	141	Monounsaturated fat	1 g
Protein	3 g	Cholesterol	0 mg
Carbohydrate	31 g	Sodium	97 mg
Total fat	2 g	Fiber	2 g
Saturated fat	< 1 g		