

# A Date with Almonds & Chocolate Smoothie

Yield: 2 1/2 cups (20 ounces)

## The Ingredient List

1 1/2 cups	Cold, filtered water, use this for soaking Medjool dates
2 whole	Medjool dates, remove pits and soak in above water 5-30 minutes
1 whole	Banana, frozen
2 tablespoons	Almond butter, raw (6.7 grams protein)
2 tablespoons	Cacao powder, raw. (4 grams protein)
1 pinch	Sea salt, I use pink himalayan salt
1 tablespoon	Cacao nibs, optional for topping. (1.5 grams protein)

## The Preparation Method

Using blender, place water with dates in first, then add all other ingredients and blend 30-40 seconds. Sprinkle with cacao nibs for topping.

## Special Note:

The advantage to soaking Medjool Dates is for them to soften, so they don't stick to the bottom of the blender. The added advantage to using the soak water is to add sweetness. Dates begin to soften in 5 minutes, and are fully soft by 20-30 mins. I have put mine in a jar, and set in the refrigerator to soak overnight. They are always perfect, and the water is nice and cold for the smoothie.

For cacao powder and nibs, I use Pacari Brand Ecuadorian Chocolate.

## Protein

Approximately 12 grams of protein.