

SMART FUN DIY

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Vegan Banana Date Shake Recipe

By Jennifer Priest

Serves: 1

Prep Time: 5 minutes

Cook Time: 5 minutes

Ingredients:

- 1 banana
- 2 dates
- 2 scoops dairy-free vanilla bean coconut frozen dessert (vegan ice cream)
- ½ cup almond milk

Directions:

1. Pit and chop dates.
2. Peel banana and chop into chunks.
3. Blend all shake ingredients in a blender until smooth.

Find original recipe at: <http://www.jenniferppriest.com/banana-date-epic-milkshake-recipe/>

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