



DESERT DATE SMOOTHIE

1/3 C	Date pieces
1/2 C	Pecan pieces
1/3 C	Milk powder (soy, rice, or other)
2 C	Frozen sliced bananas
2 C	Ice
1 T	Vanilla or maple extract (optional)
2 C	Water

- 1. Use a Vita-mix, or blend 1/2 recipe at a time in a regular blender**
- 2. Grind nuts & dates until very fine, then add ALL other ingredients & blend until thick & smooth. Adjust ice and liquid to desired thickness.**
- 3. Makes two large or four small smoothies. A rich-tasting, refreshing treat!**