

RAZZLE DRINK

INGREDIENTS:

¾ c unsweetened almond milk

2 medjool dates (pureed)

1 T peanut butter

½ tsp cocoa or 2 squares 85% dark chocolate melted

Handful of ice cubes

INSTRUCTIONS:

Blend all ingredients in food processor until smooth.

Variation: Use recipe as a hot drink by skipping ice cubes and heating the milk.

Tip: For a smooth consistency prepare date puree as per the following instructions. (may be used as a sugar substitute in recipes)

DATE PUREE

Place 4 cups of dates in a glass measuring cup. Cover with boiling water. Let dates soften for 10 minutes, then blend dates with 1 c of the water. (For a thinner consistency add more of the water.)