

Vanilla Date Smoothie with Nutmeg and Orange

They may be small in size, but dates are packed with high-fiber carbohydrates, iron, magnesium, and potassium. Combined with anti-inflammatory omega-3 fatty acids from flaxseeds, protein powder, and a twist of nutmeg and orange, this smoothie provides everything you need for a high-energy day.

Nutrition Facts	
2 servings per container	
Serving size	1 serving (229g)
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 2g	2%
Saturated Fat 0g	2%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 100mg	4%
Total Carbohydrate 51g	19%
Dietary Fiber 5g	18%
Total Sugars 40g	
Includes 0g Added Sugars	0%
Protein 8g	
Vitamin D 0mcg (0 IU)	0%
Calcium 284mg	20%
Iron 1mg	6%
Potassium 550mg	10%
Vitamin A 5mcg	0%
Vitamin E 0.06mg	0%
Vitamin K 2mcg	2%
Vitamin B6 0.34mg	20%
Folate 19mcg DFE	4%
Magnesium 42mg	10%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS

- 1 cup unsweetened almond milk
- 1 scoop vanilla whey protein powder
- 1 large frozen banana
- 4-5 ice cubes or another frozen banana
- 3-4 medjool dates, pitted (soft and fresh is best)*
- 1 tablespoon flax seeds or chia seeds
- 1 teaspoon vanilla extract
- 1 teaspoon orange zest, finely grated
- Pinch of ground nutmeg

*If your dates are dry, soak them in warm water for a few minutes to soften before blending.

DIRECTIONS

Step 1: Combine ingredients in a blender and blend until smooth, about two minutes.

Step 2: If needed, add an extra splash of almond milk if needed to reach your desired consistency. Pour and serve.

Make it vegan: Use a plant protein powder (pea, hemp, or soy) instead of whey.

Be creative: Experiment with different fruits and add-ins. Try adding coffee and cinnamon or peanut butter. Adjust the amounts to create the thickness you desire.