

Date Shake

Yield: 4 min
Total Time: 5 min

Recipe from: <https://www.recipeschoose.com/recipes/indio-date-shake-recipe>

Ingredients:

- 2 bananas frozen
- 4 dates pitted
- 1 teaspoon cinnamon
- 2 tablespoons chia seeds
- 2 tablespoons peanut butter
- 2 cups almond milk

Nutrition:

1. Calories: 220 calories
2. Carbohydrate: 26 grams
3. Fat: 11 grams
4. Fiber: 5 grams
5. Protein: 7 grams
6. SaturatedFat: 2 grams
7. Sodium: 105 milligrams
8. Sugar: 15 grams

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