

Banana Peanut Butter “Milkshake”

Serves 1

Ingredients:

- 5 medium ice cubes
- 1 large banana, frozen and broken into a few pieces
- 1/3 cup milk
- 1 medjool date, pitted
- 1 Tablespoon natural peanut butter
- 3 large strawberries (optional)
- Cinnamon or vanilla extract (optional)

Directions:

1. Add everything to the pitcher of a blender and process until combined and milkshake-thick.