

Almond-Date Smoothie

Soak overnight, in separate containers:

- 5 organic, whole, raw almonds
- 1 or 2 organic medjool dates

In the morning, drain the almonds and discard the soaking water. Pop the skins off the almonds and discard or compost. Put the almonds in the blender.

Add the date soaking water, remove pits from dates and cut them into a few pieces. Add to blender.

Warm 1/3 to ½ cup of organic, whole, non-homogenized milk, add to the blender.

Blend until creamy and smooth – enjoy!

Tip for a kapha constitution: Use your favorite non-dairy milk (almond, rice, hemp) and add a pinch of powdered ginger and/or cinnamon to balance the sweetness.