

Vanilla Date Smoothie

6 ingredients · 5 minutes · 1 serving



Directions

1. In a blender, combine all ingredients and blend until smooth. Serve immediately and enjoy!

Notes

Leftovers

Best enjoyed immediately.

Serving Size

One serving is equal to approximately 1 1/2 cups.

More Flavor

Add cacao powder for a chocolatey twist.

Ingredients

4 2/3 ozs Tofu (soft)

1 Banana (medium)

2/3 cup Oat Milk

1/4 cup Pitted Dates

1 tsp Vanilla Extract

3 Ice Cubes

