





Ingredients

- 1 large frozen banana
- I cup of unsweetened almond milk
- 2 medjool dates, pitted
- *I large ths of cacao powder*
- A pinch of cinnamon
- * The ingredients listed here are for 1 serve but doubling these ingredients will serve 2 large or 4 small drinks.



Method

- 1. Add all ingredients into a blender and blend on high until smooth.
- 2. Pour into a large glass and enjoy that chocolatey healthy goodness!

GATHER & FEAST

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