THE LIGHTER PLATE METHOD

Peanut Butter & Date Smoothie

Caramel-rich from the dates, with salty peanut running through it.



PREP	COOK	TOTAL	SERVINGS	DIFFICULTY
5 min	**0 min**	**5 min**	**2**	**EASY**

Ingredients

- 4 medjool dates (stoned)
- 2 tbsp peanut butter
- 400 ml semi-skimmed milk
- 1 banana
- 0.5 tsp ground cinnamon
- 1 handful ice

Method

1. If the dates are at all dry, soak them in hot water for 5 minutes and drain.
2. Put the dates, milk, peanut butter, banana and cinnamon into the blender.
3. Blend on high for 1 minute — dates need longer than you expect to break down fully.
4. Add the ice and blend for 15 seconds more, then pour.

Tips & swaps

- Medjool dates are worth the extra over the dried, pressed sort; they blend to a caramel rather than leaving chewy specks. A pinch of salt makes the peanut flavour jump.

Storage & reheating

Best drunk immediately.

Nutrition (per serving)

KCAL	PROTEIN	CARBS	FAT	FIBRE
310	**12g**	**44g**	**10g**	**4g**

Estimated values, for guidance only. Contains: Milk, Peanuts.