THE LIGHTER PLATE METHOD

Pre-Workout Açaí & Date Juice

Naturally sweet dates and açaí blended with coconut water for a quick pre-workout lift.

PREP	COOK	TOTAL	SERVINGS	DIFFICULTY
5 min	**0 min**	**5 min**	**1**	**EASY**

Ingredients

- 1 portion açaí pulp (unsweetened)
- 5 dried dates (pitted)
- 200 ml coconut water

Method

1. Blend the açaí, dates and coconut water together until smooth.
2. Drink cold.

Tips & swaps

- Soak the dates in warm water for 10 minutes first if they're very firm.

Storage & reheating

Best drunk immediately.

Nutrition (per serving)

KCAL	PROTEIN	CARBS	FAT	FIBRE
210	**2g**	**46g**	**2g**	**5g**

Estimated values, for guidance only.