

DATE SHAKE

INGREDIENTS

- 4-5 whole dates – remove the pits, soak overnight, then strain in the morning
- 1 C milk or non-dairy milk substitute of your choice
- 1 tsp honey
- pinch of cinnamon, nutmeg, ginger, cardamom

METHOD

- Heat the milk and pour it into a blender
- Add the dates, honey, spices and any additional items (ashwagandha, sunbutter, almond butter, banana, etc)
- Blend until the dates are ground fine
- Serve warm in the winter; room temperature in the summer – or slightly cool in the summer if a Pitta imbalance exists

NOTES

Dates are low fat but rich in vitamins and minerals. They're a terrific source of protein, dietary fiber and vitamins B1, B2, B3 and B5 along with vitamins A1 and C. They are great energy boosters, are rich in potassium, and low in sodium; this helps regulate a healthy nervous system. Dates have high iron content and are very useful in treating anemia. They also have been shown to benefit those suffering from constipation. And last, but not least, they build Ojas and increase sexual stamina. What's not to love?