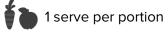
## **Choccy Date Shake**

Serves: 4 Prep time: 5 minutes Cook time: 0 minutes



## Ingredients

½ cup dates, pitted
1L milk, reduced fat
2 bananas
1 ½ tablespoons unsweetened cocoa powder
½ teaspoon ground cinnamon
Ice cubes
Coconut flakes, to serve



**Everyday Food** 

## Method

BLITZ all ingredients in a high-speed blender until smooth. SERVE in tall glasses with a sprinkle of flaked coconut on top.

Recipe courtesy of the Country Kitchens team

