

## Choccy Date Shake

**Serves:** 4

**Prep time:** 5 minutes

**Cook time:** 0 minutes



1 serve per portion

### 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

### Method

BLITZ all ingredients in a high-speed blender until smooth.

SERVE in tall glasses with a sprinkle of flaked coconut on top.



Everyday Food

*Recipe courtesy of the Country Kitchens team*