

# Strawberry Shake



Ready in 5 minutes + cooling time

Serves 2

## Ingredients

- 0.5 oz Banana Crystals (less than  $\frac{1}{4}$  cup)
- 0.5 oz Strawberry Crystals ( $\frac{1}{4}$  cup)
- 1 tablespoon almond butter (or tahini)
- 2 cups nut mylk
- 2 dates

## Preparation

1. Add all ingredients to a high-speed blender and blend.
2. Let chill in the fridge and serve!