FOUNDATION SMOOTHIE

**INGREDIENTS:**

1. ½ cup Almond Milk
2. 2 Medjool Dates – Pitted
3. 1 Banana
4. 1 Tblsp. Almond Butter

**INSTRUCTIONS:**

1. Combine ALL ingredients in a blender
2. Blend until smooth

WAH LAH! Yum Yum! This makes a great morning kick smoothie or just a sweet treat!

ENJOY!

Have a Happy, Healthy & Balanced Day!

Trish 😊

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The Let’s Eat Healthy Plant-Based Cooking Show!