



Smooth Date Smoothie

This creamy chocolate almond smoothie is naturally sweetened with banana and date paste, blended with oat milk, almond butter, and cacao powder for a rich, smooth, meal-worthy sip. It's sweet, satisfying, and fancy enough with sliced almonds on top to look like you planned your life better than you actually did.

Watch the full demo on my YouTube channel.

Ingredients

1½ organic bananas
1½ cups organic oat milk
1 tablespoon organic almond butter
1 tablespoon organic cacao powder
1 tablespoon organic date paste
Organic sliced almonds, for topping
Ice, as needed

Instructions

Add the oat milk to the blender first, then add the banana, almond butter, cacao powder, date paste, and ice.

Blend until smooth and creamy.

Pour into a glass and top with sliced almonds.

Notes

This smoothie is made with healthy, real-food ingredients, but that does not mean you can go hog wild with it just because it's "healthy." Banana, date paste, oat milk, almond butter, and cacao still bring real substance and calories to the glass.

Think of this as a meal smoothie: creamy, satisfying, naturally sweet, and filling enough to stand on its own as a meal. Healthy ingredients still deserve common sense. The blender is not a loophole.