

Chocolate Chai Milkshake

This is the best, most amazing milkshake ever! You have got to try it...you won't be sorry! It is a huge hit at potlucks!

2 cups almonds, soaked for at least 6 hours

6 cups pure, fresh water

½ cup packed dates

2 fresh or frozen bananas

1 tablespoon cocoa or carob

1 ½ teaspoons cinnamon

½ teaspoon cardamom

¼ teaspoon nutmeg

2 cloves

½ - 1 inch of fresh ginger or ¼ teaspoon dry

1 teaspoon vanilla (alcohol free) or half a vanilla bean scraped

Juice of 1 orange

Did you know...?

Fresh ginger has long been used to fight depression. It is also the best natural remedy for motion sickness and a great breath freshener too!

Put almonds in a colander and pour some fresh water over them to remove the soak water residue. Put water and almonds into a blender and blend on high speed until all that is remaining from the almonds is a pulp, (time varies depending on blender). Pour the almond mylk through a nutmylk bag and strain, squeeze, twist...whatever it takes to get most of the mylk out of the pulp. Put the pulp in a container and use within 1 week.

Pour the almond mylk back into the blender along with all the other ingredients. Blend very well.

Pour into a glass as is or serve over ice.

"Dance like no one is watching, Love like you'll never be hurt, Sing like no one is listening, Live like it's heaven on earth."

~ William Purkey~

