

PEANUT BUTTER & DATE SMOOTHIE



RECIPE BY CLEAN PLATE

SERVES 2

INGREDIENTS

2-3	each	Dates, soaked for 5 minutes in boiling water (to soften)
1	Tbsp	Peanut butter
1	Tbsp	Oats
1	each	Banana, fresh or frozen
1	glass(200ml)	Milk

METHOD

1. Place all ingredients in a blender and blend well until creamy and frothy.

PEANUT BUTTER & DATE BITES

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INGREDIENTS

4-6	each	Dates
2-3	tsps	Peanut butter (smooth or crunchy)

METHOD

1. Carefully open dates and stuff each with about $\frac{1}{2}$ tsp peanut butter. Press gently to close. Serve!
2. Alternatively, store Peanut Butter & Date Bites in the fridge, in an airtight container, for up to a week.



To make smoothie **Dairy Free**: Substitute cow's milk for a dairy-free alternative (e.g. coconut milk)

To make smoothie **Gluten Free**: Omit oats or replace with 2 tsps chia seeds