Recipe:

Strawberry Shake
Serves: 1
Serving Size: 16 fl oz

Ingredients:

- 2 dates
- ¼ cup raw cashews
- 1 cup frozen strawberries
- ½ teaspoon vanilla extract
- Ice and water (as needed)

Instructions:

1. Place all ingredients in a blender container.
2. Cover and blend on high speed until smooth.
3. Chill before serving.

Nutrition Facts:

- Calories 290
- Fat (g) 14
- Carbohydrate (g) 34
- Protein (g) 7
- Sodium (mg) 7

Percent Calories
- Protein: 10%
- Fat: 43%
- Carbohydrates: 47%

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