

Strawberries 'n' Cream Smoothie

Swick

Serves 1 | Active Time: 5 minutes | Total Time:

Chef's Notes

RECIPE TIPS

Store any leftover smoothie in an airtight container in the refrigerator for up to 1 day.

Unflavored Plant Milk: Plant milk is the term we use to describe the plant-based milk of your choice. Rice, oat, hemp, almond, and soy milk are all varieties of plant milk. Look for unsweetened, unflavored plant milks.

Dates: Dates are the many varieties of fruits from date palm trees. Medjool dates are larger and sweeter than many of their cousins. Be sure to remove any pits from your dates before blending or serving.

Step 1: Make Smoothie

- 1 lb + 14 oz frozen strawberries (≈4 1/2 cups)
 - 24 fl oz unflavored plant milk plus more as needed (≈3 cups)
 - 3 tablespoons raw, unsalted cashews
 - 3 dates, pitted
- In a high-powered blender (or food processor), purée all ingredients until cashews are fully processed, 2 to 3 minutes. Add additional plant milk if you'd like a thinner texture.
- Serve and enjoy!