

Vanilla Milkshake

Swick

Serves 2 | Active Time: 15 minutes | Total Time: 15 minutes

Step 1: Preparing the Milk Shake

- 3 cups almond or non-dairy milk of choice
 - 1 whole vanilla bean, scraped
 - 1/4 cup coconut meat or cashews soaked in 3 cups of warm water for 3 to 4 hours to soften, drained
 - 3 tbsp liquid sweetener
 - 1 tbsp coconut butter
- Place the milk in a high-speed blender. Add the vanilla seeds, coconut meat, liquid sweetener and coconut butter and process until VERY smooth.
- Transfer to another container, cover, and refrigerate for at least an hour or until well-chilled.
- Serve chilled or over ice.