

SALTED CARAMEL SMOOTHIE

A RECIPE BY THE VITALITY HUB

Ingredients

1 sachet vanilla complete
2 pitted dates
1/2 frozen zucchini
pinch pink himalayan salt
1 frozen banana
1 tbs almond butter
1/2 tsp vanilla extract
1 cup coconut or almond milk
handful of ice

Method

Add all ingredients to a high powered blender and blend until smooth.