

alison's pantry™

Ginger banana smoothie with nutty caramel drizzle

Serves 2

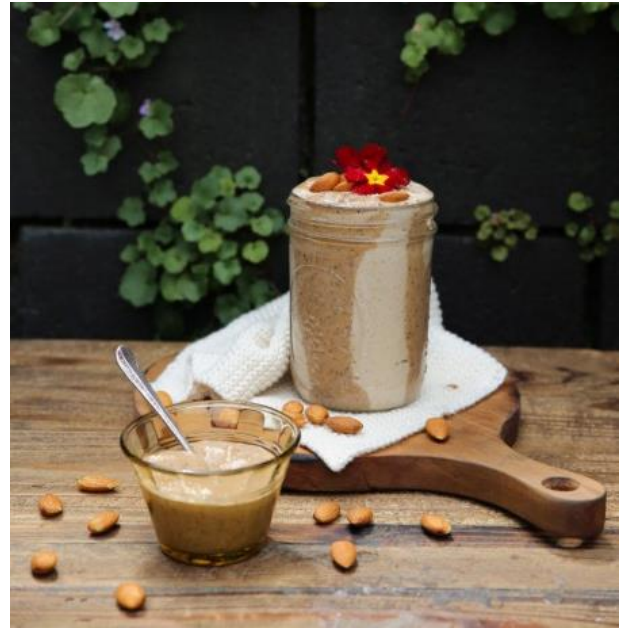
Feeling a little fancy? Try this deliciously creamy ginger banana smoothie with nutty caramel drizzle. The glasses are first drizzled with a salted date and almond caramel sauce for something a little bit special, then topped to the brim and sprinkled with a little cinnamon.

Ingredients:

3 bananas, frozen
2 cups almond milk, or milk of your choice
2 tbsp honey or maple syrup
2 teaspoons apple cider vinegar
2 teaspoons pure vanilla extract
2 teaspoons ground ginger
1 teaspoon ground cinnamon
1/2 teaspoon ground nutmeg
8 ice cubes

Caramel sauce ingredients:

1/2 cup Alison's Pantry Select Dates
1/4 cup Alison's Pantry Natural Almonds or nuts of your choice
a pinch of sea salt
1/2 cup water to blend



Start by preparing the caramel sauce. Add all the caramel sauce ingredients into a blender, and blend until smooth. Transfer into a small jar.

Then add smoothie ingredients into a blender, and blend until smooth.

Using a tablespoon, drizzle the caramel sauce around the inside of two glasses, and then fill with the ginger smoothie.

Sprinkle with a little cinnamon if desired.
Enjoy straight away!

Tip: To make blending easier soak the dates in 1/2 cup of **hot** water and allow to cool before blending. This will make the dates much softer and easier to blend.