



Date Milkshakes

Shredded dates add flavor and fiber to the mix.

Ninety-five percent of America's dates are grown in the Coachella Valley of California, where date palms thrive in the hot desert climate. The weather is pretty conducive to milkshake-drinking, too.

This recipe for Chocolate Raspberry Date Shake is courtesy of datesaregreat.com:

1/2 cup dried dates
1/2 cup low-fat milk
1/4 cup frozen raspberries, thawed
3 scoops chocolate ice cream

Combine dates, milk, and raspberries in a blender; puree until dates are finely chopped. Add ice cream; blend until just combined.

Serves 1

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