

## DAIRY-FREE BANANA-DATE COLLAGEN MILKSHAKE

### Almonds

Almonds are packed with Vitamin E & are full of healthy fats that help absorb Vitamin E. A half-cup (roughly 46 almonds) supplies around 100% of your daily Vitamin E intake.

### Ginger

Ginger improves memory & attention, acts as a natural antidepressant, & calms anxiety. It is also an anti-inflammatory making it popular for treating the inflammation caused by arthritis.

### Cashew Yogurt

Yogurt with "live & active cultures" stimulate the immune system & help fight disease. Cashew yogurt is also dairy, soy, & gluten-free. Plus, it's a great source of Vitamin D.

### Banana

Bananas contain tryptophan, a protein type that the body converts into mood-lifting serotonin in the body. They also have Vitamin B-6 that promotes the production of serotonin & dopamine, helping with concentration.

### Dates

Dates are a great source of mood-boosting Vitamin B6. Vitamin B6 is essential in producing brain chemicals known as neurotransmitters, specifically dopamine & serotonin.

### Cinnamon

Studies suggest that the scent of cinnamon can improve performance in several types of memory tasks. Cinnamon is also a good source of manganese, an antioxidant crucial for brain & body health.

### Collagen

Collagen is a key ingredient in keeping every joint, tendon, bone, & ligament in the body healthy. It is found in all of these tissues & improves skin health, nail strength & slows the effects of aging.

### Avocado

Avocados are full of Vitamin K & folate, which is known to help prevent stroke. Aside from also boosting memory & concentration, they have a high dose of lutein, improving brain function.





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## Instructions

### *Combine in Blender:*

- 2 bananas
- 4 dates
- 1 cup of unsweetened almond milk
- 1 container of organic, dairy-free (vanilla-bean) cashew yogurt
- 2 scoops of (unflavored) collagen + dermaval
- 1/2 an avocado, peeled; remove the seed
- 1/2 tbsp of cinnamon
- 1/2 tsp of ginger powder
- 1/4 tsp of vanilla extract
- 1 1/2 cups of ice
- 1/2 tbsp of raw honey (If you can add ingredients into your blender as it blends, choose to add honey during the blending process to eliminate the chance of honey sticking to the sides of the blender.)

*Switch to "Ice-Cream" mode (if your blender allows for it), blend, & enjoy!*

## Recipe

- Bananas - 2
- Dates - 4
- Elmhurst: Unsweetened Almond Milk - 1 cup
- Forager Project: Organic, Dairy-Free (Vanilla-Bean) Cashew Yogurt - 1 container (24 oz)
- 1st Phorm: (Unflavored) Collagen + Dermaval - 2 scoops
- Avocado - 1/2
- Cinnamon - 1/2 tbsp
- Ginger Powder - 1/2 tsp
- Vanilla Extract - 1/4 tsp
- Australian Manuka, Raw Honey - 1/2 tbsp
- Ice - 1 1/2 cups



## Substitutions

- **Elmhurst: Unsweetened Almond Milk** is a dairy & gluten-free milk alternative with just two ingredients: almonds & water. Elmhurst also sells various other types of nut milk that you can swap out in this recipe! If you have a nut allergy, feel free to substitute this for pasteurized goat's milk! *A good rule of thumb is to look for products typically with five ingredients or less, or if you can't say or spell the ingredient listed on the label, you probably shouldn't be putting it into your body!*
- I use **Forager Project: Cashew-Milk Yogurt** as a base for this recipe; this yogurt is entirely plant-based, organic, vegan, gluten, dairy, & soy-free (it also includes probiotics). If you decide to use another base for your smoothie, always check the ingredients before choosing a product. Again, *a good rule of thumb is to look for products typically with five ingredients or less, or if you can't say or spell the ingredient listed on the label, you probably shouldn't be putting it into your body!*
- I aim towards the unflavored collagen powders (considering most flavored powders contain gums, natural flavors, and artificial sweeteners that harm the microbiome + negatively affect gut health)! I use **1st Phorm: (Unflavored) Collagen + Dermaval**, which includes all five collagen types: hydrolyzed bovine, bovine bone broth, chicken, egg, & fish. If you choose a different product, make sure to double-check what types of collagen are included in the blend, as some may only have 2-4 different types. Also, dissect the nutrition labels for any harmful ingredients!
- **Thrive Market** has a variety of healthy alternatives. I order a bulk of seasonings, dressings, snacks, & other healthy options; they also have a membership that helps save money on each item by providing them at discounted prices! The best part? It's delivered right to your door! I ordered **Thrive Market: Australian Manuka, Raw Honey** for this recipe, which comes in a BPA-free container & has only one ingredient: raw manuka honey! You could also use **100% blue agave** instead of raw honey if you prefer. If you pick a different type of natural sweetener, make sure to always check the ingredient label! *A good rule of thumb is to look for products with five ingredients or less; if you can't say or spell the ingredient listed on the label, you probably shouldn't be putting it into your body!*
- **Thrive Market: Organic Maca Powder** is certified gluten, dairy, soy, & BPA-free, + more! The best part is it only has one ingredient: maca; however, there are various powders on the market, so if you decide on another product, please make sure to always check the ingredients before choosing! Again, *a good rule of thumb is to look for products typically with five ingredients or less, or if you can't say or spell the ingredient listed on the label, you probably shouldn't be putting it into your body!*