

Almond Butter & Spinach Shake ~ The Detoxinista

Serves 1

Ingredients:

1 cup water
2 tablespoons raw almond butter
2 tablespoons chia seeds
1/2 teaspoon vanilla extract
1/4 teaspoon ground cinnamon
2 to 3 soft Medjool dates, pitted
1 large handful of fresh spinach
2 handfuls of ice

Directions:

Combine everything, except for the ice, in a high-speed blender and blend until the ingredients are completely broken down. Add the ice and blend again until smooth. Serve cold!

Note: If you don't have a high-speed blender, soak the chia seeds in the water overnight for easier blending in the morning.