**Creamy Date Chocolate Milk**

**PREP TIME:** 2 minutes                                  **YIELDS:** 1

**INGREDIENTS:**

- 10 pitted dates

- 3 cups of water/milk or coconut water

- 1 Tbsp cocoa

**INSTRUCTIONS:**

-  blend all ingredients: water (milk), dates and ice

**OPTIONAL ADDITIVES:**

- 1 Tbsp cinnamon

- 1 scoop protein powder

- coconut flakes

- 1 cup of berries

- 1 chunked fresh or frozen banana