

Spiced Banana, Date & Espresso Smoothie

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Gather & Feast

Here's an energising smoothie to kickstart your day. It combines the creaminess of frozen bananas with the rich sweetness of medjool dates and the bold kick of fresh espresso. A hint of vanilla and a touch of warm spices like cardamom and cinnamon elevate this smoothie to a new level. It has the perfect balance of flavours, making it an excellent choice for breakfast or an afternoon pick-me-up.

SERVES 1 large or 2 small | **TOTAL TIME** 7 minutes

INGREDIENTS

- 1 1/2 cups milk of your choice
- 30ml (2 tablespoons) strong fresh espresso
- 2 large frozen bananas
- 1 medjool date, pitted
- 1/2 teaspoon vanilla extract
- 1/4 teaspoon ground cardamom
- 1/4 teaspoon ground cinnamon
- Small pinch of sea salt

METHOD

1. Add all of the ingredients to a blender (I've used a Vitamix).
2. Blend on high until super smooth. If using a Vitamix, select the smoothie setting.
3. Pour into a large glass or two small glasses.
4. Serve and enjoy!

NOTES

Milk Options: You can use any milk of your choice. For a vegan and dairy-free option, opt for a plant-based milk.



Bananas: Ensure the bananas are peeled and frozen to achieve a thick and creamy smoothie.

Espresso: Freshly brewed espresso provides the best flavour. If you don't have an espresso machine, strong-brewed coffee can be used as a substitute.

Medjool Date: Make sure the date is pitted before blending. Medjool dates add natural sweetness and a hint of caramel flavour.

Spices: Adjust the cardamom and cinnamon to taste. A pinch of nutmeg or a little bit of freshly grated ginger can also be added for extra spice.

Blender: A high-powered blender like a Vitamix works best for a smooth consistency. If you have a standard blender, blend for a bit longer to ensure all ingredients are well combined.

Sweetness: Taste the smoothie before serving. If you prefer a sweeter smoothie, add another date or a small amount of honey or maple syrup.

Texture: If the smoothie is too thick, add a little more milk to reach your desired consistency.

Serving: This recipe makes one large smoothie or two smaller servings. Adjust the quantities as needed for larger batches.



Find the recipe and watch the video online:

<https://www.gatherandfeast.com/spiced-banana-date-espresso-smoothie>

Let me know if you make the recipe! x @gatherandfeast