

Salted Caramel Smoothie

Ingredients:

Smoothie

- 2 apples, cored (200 g)
- 1 frozen banana
- 1/2 peeled & frozen zucchini
- 1-2 Tbsp maple syrup
- 1 cup of oat milk
- 1-2 tsp of cinnamon
- ¼ tsp ground ginger
- 1 pinch of nutmeg

Salted Caramel

- 5-6 soft dates
- 1/3 cup hot water
- 1 tsp almond butter
- ¼ tsp salt

Directions:

For the salted caramel soak dates in hot water for 10 minutes. Then blend with remaining salted caramel ingredients until smooth. Adjust thickness by adding a little more water if necessary. Mix the ingredients for the smoothie in a high speed blender until smooth. Spread as much salted caramel as you like in two glass. Transfer the smoothies to the glasses.