**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