



Coffee Date Shake

The most popular comfort food sweetened with dates and a touch of coffee

1/4 cup softened pitted dates

1/2 cup very hot prepared coffee (made with alkaline ionized water (Cerra water)

1/4 cup unsweetened oat milk

1 cup vanilla ice cream

2 Tablespoons Caramelized Date Sauce (see recipe below)

Topping: Whipped cream or healthy whipped cream, chopped pecans, mini chocolate chips

- Cover dates with hot prepared coffee; set aside to soften for 10 minutes. Drain the dates; set coffee aside.
- In a blender or food processor, combine softened dates, 1/4 cup reserved coffee, and oat milk; process until mixture is smooth. Add ice cream; puree until combined and foamy.
- Place 2 Tablespoons caramelized date sauce in bottom of tall dessert glass, pour ice cream shake into a glass.
- Top with a swirl of whipped cream; sprinkle with chopped pecans and mini chips as desired. Yield: one milk shake

Caramelized Date Sauce (prepare ahead)

40 small, pitted dates (about 2 cups)

1 to 2 cups boiling water

1 teaspoon coarse kosher salt

2 teaspoons pure vanilla extract

1 Tablespoon butterscotch chips

1 cup almond milk or as needed

- Place dates in a medium size bowl. Pour boiling hot water over the dates; stir; set aside for 10 minutes or longer to soften.
- Drain off the water; place dates in a blender; Add salt, vanilla, butterscotch chips, and 1 cup almond milk.
- Blend until mixture is smooth with no chunks of dates. If mixture is too thick, add $\frac{1}{4}$ to $\frac{1}{2}$ cup of almond milk slowly until desired consistency.
- Sauce can be used immediately or stored in the refrigerator for up to 2 weeks.

About the Recipe: What a wonderful reward! Milk shakes are one of the most popular comfort foods. This milk shake combines coffee flavored date milk with vanilla ice cream poured into a dessert glass over rich butterscotch caramel date sauce. It's topped with your favorite cloud soft whipped cream and sprinkled with mini chips and chopped pecans. Add a straw and spoon and you are on your way to dessert heaven.