



Mamey Sapote Milkshake

Recipe created by Carlene McIntyre

This creamy, rich milkshake is a healthier dairy-free, sugar-free version of the Cuban Batido de Mamey. It tastes great on a hot summer day, and won't leave you feeling tired or bloated.

Ingredients

- 1 cup fully ripe mamey, cut into chunks and frozen
- 1 cup unsweetened soy milk
- ¼ cup raw unsalted cashew or macadamia nuts
- ¼ cup date syrup
- ½ tsp vanilla bean powder (or vanilla extract)

Preparation

1. Place all ingredients in a high speed blender & blend until smooth.
2. Enjoy!

Notes

- This makes a very thick shake. Add a little more soy milk if you like it thinner.