

DR. CHRISTOPHER'S
Herbal Legacy Newsletter

Strawberry Spritzer



INGREDIENTS

1 1/2 cups almond milk

1 1/2 cups ice

1 cup fresh fruit (about 6 strawberries in this case)

6 soaked Medjool dates

INSTRUCTIONS

Blend!

Follow the recipe as is and have a creamy strawberry cocktail of sorts OR (my preference...) add about 1/3 part sparkling water to the final product to have a deliciously authentic strawberry spritzer.

Recipe found at Uncooking101.com