**Ingredients >>**

4 Medjool Dates, chopped (great for fertility and softening cervix at the end of pregnancy!)

Almond Milk (to taste)

1 Frozen Banana

1-2 Tbsp Chia Seeds (I vary day to day)

1 Tbsp Almond Butter

1 scoop Protein Powder

1 Tbsp Ground Flaxmeal

1 tsp Maca Root Powder (I stopped adding this once pregnant, no studies whether it's safe or not.)

**Directions >>**

Pulse the dates with a bit of almond milk, until it's nice and smooth. Throw the rest of the ingredients and pulse until smooth. After a few pulses I usually push everything down again and add a bit more almond milk. Pulse and blend until smooth.

Easy and delicious…enjoy!

**♡ MALLORIE**