

Banana Date Pops Recipe

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Ingredients

2 cups of filtered water (plus extra for soaking cashews)

½ cup raw cashews, soaked

2 ripe bananas

8 medjool dates, pitted

1 tsp vanilla extract (or 1 vanilla bean)

Method

Cover and soak the raw cashews in filtered water for 2-4 hours. Once softened, drain and rinse the cashews. Add them to the blender with 2 cups of water and blend until smooth. *You can also use almond milk in place of the cashew milk, but it won't be as creamy.*

Pour hot water over the dates to let them soften before using. Let them sit for a few minutes. If the dates have pits, be sure to remove them.

Add all of the ingredients into a high-speed blender. Blend until smooth. Pour the mixture into Popsicle containers and let them sit in the freezer overnight, or until they are fully frozen. If you can't fit all of the mixture in your Popsicle containers, just drink it like a smoothie. You won't be sorry.

*Tip - If the Popsicle won't come out when it is frozen, pour hot water over the outside of the container to help them slide out easier.