



Camel Milk Recipes: Banana Date Smoothie

Dates, camel milk, and bananas come together to create a uniquely creamy caramel-like smoothie.

This all-natural energy drink makes a perfect post-workout meal packed with fiber from the bananas, dates, and chia seeds, and calcium and healthy fats from the camel milk.

The best part is you only need four ingredients to create this delicious smoothie, so it doesn't only taste great and does your body good, but it's also easy to make.

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Camel Milk Banana Date Smoothie Recipe



Serves 2



Prep 10 mins

Ingredients

2 teaspoons chia seeds

6-8 pitted Medjool dates

2 cups [camel milk](#)

2 large ripe bananas sliced and pre-frozen

Topping (optional):

Chopped dates

Banana slices

Pomegranate seeds

Shelled pistachios

Instructions

Cut bananas into slices.

Remove the stones from the dates.

Place dates, chia seeds, and camel milk into blender or food processor and blend for 2 minutes until smooth.

Add the bananas to the blender and puree for another 1-2 minutes until creamy.

Pour the smoothie into a glass and enjoy.

Notes

Quick Tip: If time allows, soak the chia seeds in 4 teaspoon of water for an hour. The seeds will turn into gel, making them easier to blend.

Courses Dessert