



Date Shake with Toasted Nuts (Majoon)

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



481 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1 tablespoon almonds toasted coarsely chopped
- ☐ 1 banana frozen peeled
- ☐ 1 pinch ground cinnamon
- ☐ 2 cups ice cubes
- ☐ 8 medjool dates pitted
- ☐ 1 tablespoon pistachios toasted coarsely chopped
- ☐ 0.5 cup yogurt plain thick (not)
- ☐ 1 pinch sea salt

- ☐ 1 tablespoon sesame seed toasted
- ☐ 1 tablespoon coconut flakes unsweetened toasted
- ☐ 0.5 teaspoon vanilla extract
- ☐ 1 tablespoon walnuts toasted coarsely chopped
- ☐ 0.8 cup water

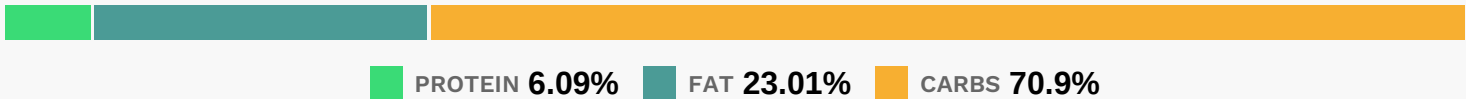
Equipment

- ☐ blender

Directions

- ☐ Cut the banana into 1-inch-thick slices and place them in a blender.
- ☐ Add the dates, yogurt, vanilla, cinnamon, salt, ice cubes, and 3/4 cup water and blend until smooth.
- ☐ Add an additional 1/4 cup water if the shake is too thick.
- ☐ Pour into glasses, top with rows of coconut flakes, almonds, walnuts, pistachios, and sesame seeds, and serve.
- ☐ Louisa Shafia's first cookbook, *Lucid Food: Cooking for an Eco-Conscious Life*, was nominated for an IACP award. She has cooked at notable restaurants in New York and San Francisco, including Aquavit, Pure Food and Wine, and Millennium. Her recipes have appeared in New York magazine, Yoga Journal, Food Network Magazine, and Every Day with Rachael Ray. Look for Louisa on the Cooking Channel's Taste in Translation series, and visit her at www.lucidfood.com.

Nutrition Facts



Properties

Glycemic Index:80.89, Glycemic Load:7.47, Inflammation Score:-6, Nutrition Score:16.90347817281%

Flavonoids

Cyanidin: 0.53mg, Cyanidin: 0.53mg, Cyanidin: 0.53mg, Cyanidin: 0.53mg Catechin: 3.8mg, Catechin: 3.8mg, Catechin: 3.8mg, Catechin: 3.8mg Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg,

Epigallocatechin: 0.21mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg
Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg,
Epigallocatechin 3–gallate: 0.01mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol:
0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.13mg,
Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.08mg, Kaempferol: 0.08mg,
Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin:
0.01mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 481.06kcal (24.05%), Fat: 13.39g (20.6%), Saturated Fat: 3.76g (23.52%), Carbohydrates: 92.81g (30.94%),
Net Carbohydrates: 82.57g (30.02%), Sugar: 74.82g (83.14%), Cholesterol: 7.96mg (2.65%), Sodium: 67.02mg
(2.91%), Alcohol: 0.34g (100%), Alcohol %: 0.08% (100%), Protein: 7.97g (15.94%), Manganese: 0.96mg (48.14%),
Fiber: 10.24g (40.98%), Copper: 0.82mg (40.76%), Potassium: 1105.66mg (31.59%), Vitamin B6: 0.61mg (30.61%),
Magnesium: 120.78mg (30.2%), Phosphorus: 220.85mg (22.08%), Calcium: 211.32mg (21.13%), Vitamin B2: 0.27mg
(15.97%), Vitamin B5: 1.3mg (13.02%), Vitamin B3: 2.47mg (12.35%), Iron: 2.2mg (12.23%), Vitamin B1: 0.18mg (11.82%),
Zinc: 1.66mg (11.07%), Folate: 43.61µg (10.9%), Vitamin E: 1.52mg (10.14%), Vitamin C: 5.76mg (6.98%), Selenium:
4.49µg (6.42%), Vitamin A: 258.7IU (5.17%), Vitamin B12: 0.23µg (3.78%), Vitamin K: 3.18µg (3.03%)