

Dandy Blend Frozen Treat

By France Paolozzi¹

A while ago, I decided to give up coffee and found Dandy Blend. Dandy Blend is an all-natural beverage which taste and smell just like coffee. It is absolutely delicious hot or cold. Most often I drink it hot, but with the warm season upon us, I decided to create a cold version. Cacao powder contains anti-oxidants which help keeps our immune system in tune, while raw honey and dates make great natural sweeteners. With this delightful drink, I can enjoy a completely natural treat without the high calories and refined sugar found in commercial Frappuccino's!

Ingredients:

- 1 cup homemade or store-bought unsweetened almond milk
- 1 heaping tsp of Dandy Blend
- 1 tsp cacao powder
- 1 tsp raw honey
- 1 fresh, pitted date
- 1 to 2 cups of ice cubes (more ice makes it thicker)

Place all ingredients in a high-speed blender (I use a Vitamix) and mix until smooth.

For a simply version, you may mix:

- 1 cup homemade or store-bought unsweetened almond milk
- 1 heaping tsp of Dandy Blend
- 1 tsp of raw honey
- 1 to 2 cups of ice

You can enjoy a smoothie version by adding less ice, or enjoy warm by adding boiling water to a tsp of Dandy Blend, topped with your favorite milk!

Yours in health & fitness,

France Paolozzi, FIS, PTS
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