

# Blueberry, Date, Fig And Carob Elixir

This thick, creamy and rich drink is bursting with antioxidants and heart- healthy fats.

## Categories

Gluten-free

Yields: 1 serving

Preparation time: 15 mins

Cooking time: 0 mins

Category: Smoothies

Complexity: Moderate

Vegan experience: Absolute beginner

Preparation style: Raw

## Ingredients

Dates (medjool)	3 dates, pitted
Figs, dried, uncooked	3 each
Blueberries, fresh	1 cup
Almond milk, home made	1 cup
Orange juice, fresh	0.25 cup
Carob powder	2 tablespoons
Vanilla extract	1 teaspoon

## Instructions

### Prep

1. This recipe calls for almond milk, it can either be homemade or store bought, however homemade will make this smoothie completely raw
2. This recipe calls for chopped dried pitted dates that have been soaked (To soak dates, cover with 1 cup water, set aside for 30 minutes, drain and discard water)
3. This recipe calls for chopped dried figs that have been soaked (To soak figs, cover with 1 cup water, set aside for 30 minutes, drain and discard water)
4. This recipe calls for freshly squeezed orange juice
5. This recipe calls for raw vanilla extract, but if you don't have that on hand you can always use regular vanilla extract without alcohol

### Directions

1. In a blender, combine soaked dates and figs, blueberries, almond milk, orange juice, carob powder and vanilla
2. Blend at high speed until smooth. Serve immediately.

### Variations

1. Substitute 1/4 tsp vanilla seeds for the vanilla extract