



Spiced Caramel Date Milk

Serves: 2

Ingredients

- 2 cups milk of choice
- 3–4 Medjool dates, pitted
- $\frac{1}{2}$ teaspoon ground cinnamon
- $\frac{1}{2}$ teaspoon vanilla extract
- Pinch of nutmeg or cardamom (optional)
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Instructions

1. Warm milk in a saucepan over medium-low heat until steaming, not boiling.
2. Transfer milk to a blender.
3. Add dates, cinnamon, vanilla, and optional spice.
4. Blend until smooth and frothy.
5. Return to saucepan to re-warm if needed. Serve warm.