

## Cinnamon Date Smoothie

This cinnamon date smoothie is very different from most fruity smoothies. It tastes kind of like an oatmeal cookie in smoothie form. It's also loaded with fiber and protein to fuel your baby or toddler for the day's adventures.

### Ingredients

- 1 cup milk
- ¼ cup quick oats (you can leave this out if you don't like the gritty texture)
- 1 cup packed spinach
- 3 pitted medjool dates
- ¼ teaspoon cinnamon
- ½ teaspoon vanilla extract (I like imitation vanilla better here)
- ½ cup ice cubes

### Directions

Blend everything on high speed until no chunks remain. Add more milk if needed to aid with blending. Add 3-4 more ice cubes for an icier texture.

### Tips

Dates can be difficult to blend, a high power blender may be required.

If you don't like the gritty texture, leave out the oatmeal.