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Chocolate Date Shake ♦♦

A delicious vegan shake made with chocolate and dates. Perfect for a sweet treat or a quick breakfast on the go.

Recipe Type: Vegan

Prep Time: 5 mins

Cook Time: N/A

Total Time: 5 mins

Recipe Yield: 500 grams

Number of Servings: 2

Serving Size: 250 g

Ingredients

100 g	Dates
400 ml	almond milk
20 g	Cocoa Powder
30 ml	Maple syrup
100 g	ice cubes

Directions

Step 1

Soak the dates in warm water for 10 minutes to soften them.

Prep Time: 10 mins

Cook Time: 0 mins

Step 2

Blender

In a blender, combine the soaked dates, almond milk, cocoa powder, maple syrup, and ice cubes.

Prep Time: 2 mins

Cook Time: 0 mins

Step 3

Blender

Blend until smooth and creamy.

Prep Time: 1 mins

Cook Time: 0 mins

Step 4

Pour into glasses and serve chilled.

Prep Time: 1 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 250 kcal

Fat: 2 g

Protein: 3 g

Carbohydrates: 55 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	3 g	17.65%	17.65%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Carbohydrates	55 g	100%	110%
Fibers	8 g	21.05%	32%
Sugars	40 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	1 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	2 g	7.14%	8%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	0 iu	0%	0%
Vitamin C	0 mg	0%	0%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	1 mg	6.67%	6.67%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	100 mg	4.35%	4.35%
Calcium	200 mg	20%	20%
Iron	2 mg	25%	11.11%
Potassium	400 mg	11.76%	15.38%
Zinc	1 mg	9.09%	12.5%
Selenium	1 mcg	1.82%	1.82%

Recipe Attributes

Events

Christmas Easter Valentine's Day

Course

Drinks Breads Salads Soups Sauces & Dressings

Cultural

Chinese New Year

Cost

Under \$10

Demographics

Allergy Friendly

Diet

Pescatarian Diet

Vegetarian Diet

Vegan Diet

Ovo-Vegetarian Diet

Lacto-Vegetarian Diet

Lacto-Ovo Vegetarian Diet

Fruitarian Diet

Blood Type Diet

Ayurvedic Diet

Meal Type

Lunch

Snack

Difficulty Level

Easy

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