

Ginger & Wild Blueberry Pie No-Milk Shake

Ivy Larson - "Clean Cuisine"
Palm Beach Post

Servings: 2

1 cup frozen wild blueberries
1/4 cup raw cashews
1 banana, cut into bite-sized pieces
1 tablespoon fresh lemon juice
1/2 teaspoon pure vanilla extract
1 tablespoon freshly grated ginger root
5 to 6 pitted dates
1 cup cold water
5 to 6 ice cubes

Place all of the ingredients except the ice in a heavy-duty blender.

Process until smooth and creamy.

Add the ice and process again.

Drink chilled.

Per Serving (excluding unknown items): 281 Calories; 14g Fat (42.0% calories from fat); 6g Protein; 38g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 10mg Sodium. Exchanges: 2 Fruit.

Beverages

Per Serving Nutritional Analysis

Calories (kcal):	281	Vitamin B6 (mg):	.5mg
% Calories from Fat:	42.0%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	49.5%	Thiamin B1 (mg):	.2mg
% Calories from Protein:	8.4%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	14g	Folacin (mcg):	22mcg
Saturated Fat (g):	3g	Niacin (mg):	1mg
Monounsaturated Fat (g):	8g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	3g	Alcohol (kcal):	0
Cholesterol (mg):	0mg	% Refused:	0.0%
Carbohydrate (g):	38g	Food Exchanges	
Dietary Fiber (g):	4g	Grain (Starch):	0
Protein (g):	6g	Lean Meat:	0
Sodium (mg):	10mg	Vegetable:	0
Potassium (mg):	574mg	Fruit:	2

Calcium (mg): 25mg
Iron (mg): 2mg
Zinc (mg): 2mg
Vitamin C (mg): 9mg
Vitamin A (i.u.): 60IU
Vitamin A (r.e.): 6RE

Non-Fat Milk: 0
Fat: 0
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 2

Amount Per Serving

Calories 281 **Calories from Fat:** 118

% Daily Values*

Total Fat	14g		22%
	Saturated Fat	3g	13%
Cholesterol	0mg		0%
Sodium	10mg		0%
Total Carbohydrates	38g		13%
	Dietary Fiber	4g	16%
Protein	6g		

Vitamin A			1%
Vitamin C			15%
Calcium			3%
Iron			13%

** Percent Daily Values are based on a 2000 calorie diet.*