Ingredients

* 2 cups dried dates
* 1 cup chopped Mint
* 4 frozen bananas
* Pomegranate syrup
* 5 cups of low-fat soy milk

Procedure

1. Finely chop bananas, mint, and dates.
2. Mix all into a blinder
3. Serve

Red: Cheesy Bread Farro, Sweet potato pancakes

**What she wrote for ingredients:**

Farro: farro, mushrooms, cherry tomatoes, cheese, fontina cheese, thyme, leaves, bread crumbs, veggie broth

Pancakes: mashed sweet potato and pancake batter