



## Windmill Market Date Shakes

The Palms Springs area is known for the tall date palm trees that produce a sweet date. With the fruit, many items are provided. Here is the shake that has made the small Windmill Market famous outside of the downtown area on the way back to the main road. Oh, this and the tacos!

Yield: 3 cups, two servings

Blender

8 large (about 6 oz)

1/2 cup

2-1/2 cups

Sprinkle

Medjoll dates, pitted and chopped fine

whole milk, cold

vanilla bean ice cream

ground cinnamon

1. In a blender, blend dates and milk until smooth and very frothy, about 2 minutes.
2. Add ice cream and pulse a few times until just blended.
3. Pour into glasses, and top with a sprinkle of ground cinnamon.

Tip: Medjoll dates are considered the “King” of the dates. Large and sweet. Riverside County in California climate is one of the few places on earth with the microclimate to produce the perfect date.