

Tahini Date Shake Smoothie

This protein packed blend was inspired by a Middle Eastern popular breakfast of warmed bread dipped in tahini and date syrup.

Ingredients

¼ cup raw Almonds, sprouted recommended
½ cup Water
4 ripe Bananas
4 tablespoons Tahini
1½ teaspoons Pure Vanilla Extract
5 Medjool Dates, pitted
3 cups Ice Cubes

Toppings

Chopped Medjool Dates (optional)
Chopped raw Almonds (optional)
Ground Nutmeg (optional)

Special Equipment

Powerful Blender

Preparation

Blend almonds and water until almond milk is formed. Add bananas, tahini, dates, vanilla extract, and ice and blend on high speed until smooth (using tamper if needed). Add water for a smoother consistency if preferred. Pour into serving glasses and top each with chopped dates, almonds and sprinkle with nutmeg.

Serves 2

*This shake tastes best cold and icy.