

Chocolate Tahini Layered Smoothie

1 SERVING 5 MINUTES



INGREDIENTS

3/4 cup Oat Milk
1/2 Banana (frozen)
4 leaves Romaine (roughly chopped)
1 tbsp Chia Seeds
1 1/2 tbsps Tahini
1/4 cup Vanilla Protein Powder
1 tbsp Pitted Dates
1 tbsp Cacao Powder

DIRECTIONS

- 01 In a blender, add the milk, banana, romaine, chia seeds, tahini and protein powder. Blend until smooth and creamy. Pour half of the smoothie into a glass.
- 02 In the same blender, add the dates and cacao powder and blend until smooth and creamy.
- 03 Pour the chocolate layer over the vanilla and swirl to combine. Enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	502	Carbs	50g
Fat	23g	Protein	30g