



banana tahini smoothie

Start your day off right with this banana tahini smoothie! It's an easy and effortless way to give you a much needed morning-time boost. And the best part is, while it looks great, it tastes even better.

SERVES: 1

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ingredients

- 1 cup almond milk
- 1 large ripe banana
- 4 pitted dates, roughly chopped
- 2 tbsp quick cooking oats
- 1 tbsp tahini paste
- Pinch ground cinnamon
- Few drops vanilla extract

directions

1. Using a blender, combine almond milk, banana, dates, oats, tahini paste, cinnamon, vanilla extract and ice cubes. Blend until smooth, serve immediately.



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