



Chocolate Tahini Smoothie

Makes 2 servings

Ingredients:

- 1 cup of soy or other plant based milk
- 2 tablespoons of tahini paste
- 2 tablespoons cocoa powder
- 1 large ripe banana (frozen preferably)
- 4 pitted dates
- ice cubes

Directions:

1. Place ingredients into blender
2. Blend until smooth
3. Enjoy!

Tips:

- Tahini paste is made from ground sesame seeds. You can find it in most grocery stores either near the peanut butter or condiments.
- Tahini is used in many Middle Eastern dishes. A popular one to make at home in your blender is hummus!
- Tahini is packed with healthy fats, vitamins, minerals, and antioxidants, making it a wonderful addition to your daily or weekly diet.
- You can substitute peanut butter for the tahini paste if desired.

Recipe adapted from Project Bread

Photo from Canva

Nutrition Facts	
2 servings per container	
Serving size	1 cup
Amount Per Serving	
Calories	320
<small>% Daily Value*</small>	
Total Fat 11g	14%
Saturated Fat 2g	10%
<i>Trans Fat</i> 0g	
Cholesterol 0mg	0%
Sodium 60mg	3%
Total Carbohydrate 56g	20%
Dietary Fiber 9g	32%
Total Sugars 40g	
Includes 0g Added Sugars	0%
Protein 9g	18%
<small>Not a significant source of vitamin D, calcium, iron, and potassium</small>	
<small>*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	