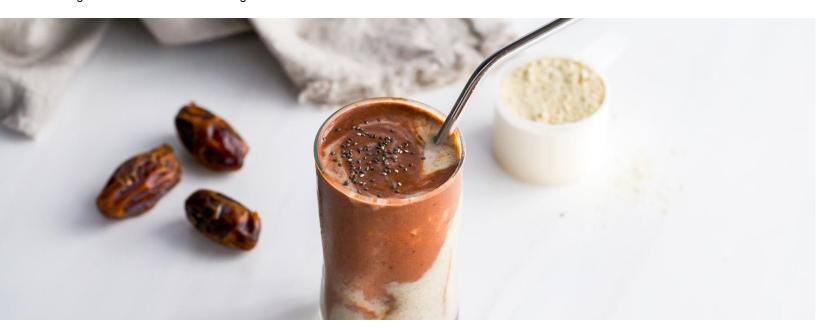
# **Chocolate Tahini Layered Smoothie**

8 ingredients · 5 minutes · 1 serving



#### **Directions**

- 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.
- 2. In the same blender, add the dates and cacao powder and blend until smooth and creamy.
- 3. Pour the chocolate layer over the vanilla and swirl to combine. Enjoy!

#### **Notes**

#### No Oat Milk

Use another milk or milk alternative instead.

### **More Veggies**

Add frozen cauliflower to the vanilla layer.

#### **Protein Powder**

This recipe was developed and tested using a plant-based protein powder.

## 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