

# Chocolate Tahini Layered Smoothie

8 ingredients · 5 minutes · 1 serving



## Directions

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1. 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

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### 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

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- 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