

# NOURISHING TAHINI MACA SMOOTHIE

adapted from [runningonrealfood.com](http://runningonrealfood.com)

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Yield: 1-2 servings

Prep Time: ~5 minutes

Blend Time: 1-2 minutes

Storage: best fresh; refrigerate up to 1 day

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## Ingredients

1 1/2 cups unsweetened almond milk, or milk of choice

1 1/2 cups frozen cauliflower pieces

5 small dates or 2-3 large medjool dates, pitted

2 generous tbsp tahini

1 tbsp maca

1 tsp vanilla extract

1/4 tsp sea salt

1/2 tsp cinnamon

Optional: 3 ice cubes

Optional: 1 scoop protein powder of choice

NOTE: If you have stale or extra-firm dates, soak them in hot water for about 5 minutes to soften before blending.

## Directions

1. Add all ingredients into a high-speed blender and blend for 1-2 minutes, or until all ingredients are well combined. If you are not using a high-speed blender, it will take longer to blend, and the texture may not be as smooth. If the smoothie is too thick, thin it out with a touch more milk and blend again. Enjoy!