NOURISHING TAHINI MACA SMOOTHIE
adapted from runningonrealfood.com

Yield: 1-2 servings  
Prep Time: ~5 minutes  
Blend Time: 1-2 minutes  
Storage: best fresh; refrigerate up to 1 day

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!