

berry tahini smoothie

Makes 1 smoothie

PREP TIME: 5 minutes

1 cup unsweetened almond milk

1 cup frozen wild blueberries

½ cup frozen raspberries

2 Tbsp flax

1 Tbsp tahini

1 scoop protein powder

Approximate Nutrition Information:

(actual will vary depending on protein powder used)

460 calories, 21g fat, 37g carbs, 12g fiber,

34g protein

PLACE all ingredients in a high-speed blender and blend until smooth.

