



FALL INSPIRED

smoothies

APPLE TAHINI SMOOTHIE

Serves 1

- 2 tbsp. tahini
- 1/2 banana
- 1 small apple, quartered, seeds removed
- 1/2 tsp. honey
- 2 tbsp. chia seeds
- 1/4 tsp. cinnamon
- 1 1/2 c. water
- 2 tbsp. whey powder (optional)

Place the tahini, banana, apple, honey, chia, cinnamon and water. Blend until smooth. Add whey powder, if using, blend gently to incorporate. Add more water if necessary to give you 2 cups.

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