



Strawberry Tahini Smoothie

(From Healthpath Pro)

2 Servings

Tahini is a paste made from sesame seeds, used as the base in houmous. It is a good source of protein and good fat.

Selecting a good source of protein, healthy fat and / or fibre for your smoothie, to combine with your fruit choice, reduces the impact on your blood sugar, which the fruit sugars (fructose) can imbalance. These ingredients also keep you fuller for longer, with the protein helping repair after physical exercise.

Ingredients

250ml oat milk

1 cup frozen strawberries

½ banana

1 tbsp protein powder

3 tbsps hemp or flaxseeds

4 leaves romaine lettuce (washed & torn)

1 tsp tahini

Method

Place all ingredients into your blender and blend until smooth. Pour into a glass / over granola and enjoy.

