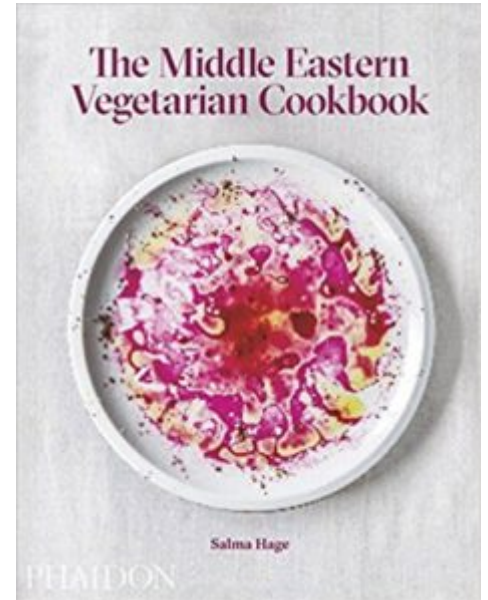


Fall Smoothie!

In search of new fall recipes, I ordered Salma Hage's, *The Middle Eastern Vegetarian Cookbook*.



Having thoroughly enjoyed my time spent pouring over recipes, I certainly located some winners. And now I am looking forward to some cooler temps (in Austin that means under 100 degrees) in order to test and share my favorites.

As a sneak preview, you might want to try Hage's **Date Tahini & Cinnamon Smoothie**. I've been a fan of date, banana, and raw cacao smoothies for some time so the tahini and cinnamon sounded tempting. No reason to wait for a cold front for this recipe!

And here is the truth... The first one was so good, I had to make a second. ☐



This is what you'll need:

- 1 cup almond milk or milk of choice (I used coconut)
- 2 sliced and frozen ripe (but not overripe) bananas
- $\frac{1}{4}$ cup tahini
- 4 Medjool dates, pitted and torn into pieces
- 1 drop real vanilla extract
- $\frac{1}{2}$ tsp cinnamon
- Optional garnishes: pinch of cinnamon and/or sesame seeds

Blend until smooth and enjoy!!