

Healthy Shake with Whole Sesame Tahini

Recipe By *Mighty Sesame Co.*



Cooking and Prep:  10
m

Serves:  1

Contains: 

Preference: Parve

A refreshing fruit shake with added nutrition from the mighty sesame seed!

Difficulty: Easy

Diet: Vegetarian, Vegan,
Paleo, Pescetarian, Gluten
Free, Sugar Free

Ingredients (5)

Main ingredients

- 1 frozen banana
- 1 date
- 1 cup **Gefen Almond Milk**
- 1 cup strawberries
- 4 tablespoons **Mighty Sesame Whole Sesame Tahini**

Start Cooking

Prepare the Shake

1. Blend everything together and serve cold.