

Oatmeal-Chocolate Chip Smoothie

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1/4 cup rolled or quick-cooking oats
1/2 cup unsweetened vanilla almond milk
2 tablespoons dark chocolate chips
2 tablespoons tahini
3 medjool dates (pitted and torn)
1/2 teaspoon cinnamon
1/2 teaspoon vanilla
pinch Kosher salt
2 cups ice
chopped dark chocolate chips (for topping)
pinch of flaky salt (for topping)

Pulse the oats in a blender until finely ground, about 10 seconds.

Add the almond milk, chocolate chips, tahini, dates, cinnamon, vanilla, Kosher salt and ice. Pulse until smooth.

Pour into a glass.

Top with chocolate chips and a pinch of salt.

Per Serving (excluding unknown items): 188 Calories; 16g Fat (73.6% calories from fat); 5g Protein; 8g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 48mg Sodium. Exchanges: 1/2 Grain(Starch); 1/2 Lean Meat; 3 Fat.