



## *The Edible Garden*

Recipe featured at *Whole Foods Market* demonstration, September 17  
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### **Breakfast Blast Smoothie**

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#### **Ingredients** (*Serves 2–3*)

2 cups coconut water  
2 very ripe bananas, preferable chilled  
¼ cup tahini  
6 pitted dates  
2 teaspoons honey (optional)  
Couple dashes cinnamon  
2-4 ice cubes or to taste.

#### **Instructions**

1. In a blender, combine all ingredients. Blend until smooth. If smoothie is too thick, add more ice cubes and coconut water until desired consistency is reached.