References:

https://www.dandwiki.com/wiki/Centaur, Variant (5e Race)
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Monster Manual

Anthrotaur

A strange occurrence when Minotaurs and Centaurs mate. Anthrotaurs are always born in pairs, one beast and one human. The beast appears as a bull, with great horns and robust build (the Taurus). The human shows no outward signs of being anything but a regular human, but isn't one (the Anthropos). The twins share a psychic connection and are aware of each other's presence when nearby.

They are considered the same race, though they share very few traits. When within a mile, each twin can sense the other's presence, and when within 100 feet, they can communicate telepathically. Both twins count as a humanoid and monstrosity.

Age. Anthrotaurs mature near the age of 12, and often live to nearly 300.

Alignment. These creatures have wildly varying alignments, but the twins are always opposites. Anthrotaurs are never unaligned (neutral neutral).

Languages. You can speak, read, and write Common and your choice of Elvish, Sylvan, or Abyssal. The Taurus cannot write without the assistance of magic, such as Mage Hand.

Family Benefits. When the Taurus is mounted by the Anthropos, the Taurus adds the appropriate modifiers for melee attacks it makes. The Anthropos does not have disadvantage on attack rolls after taking damage.

The Taurus

Ability Score Increase. Your Constitution increases by 2, your Wisdom increases by 1, and your Intelligence decreases by 1.

Size. Your size is Medium, barely. On all four legs, you can reach up to 6 and a half feet tall.

Speed. Your base walking speed is 40 feet.

Bestial Build. You count as one size larger when determining your carrying capacity and the weight you can push or drag.

In addition, climbing that requires hands costs you 4 additional feet of movement instead of the normal 1 extra foot. Swimming also requires 4 additional feet of movement, though you can walk through much deeper water than most humanoids.

War Mount. When choosing the equipment for your class, any armor you gain is tailored to you and gives its normal bonuses. You cannot use any weapons that require hands. Instead, your horns are natural weapons with which you are proficient. You can decide the shape they grew into, providing the option of dealing piercing, bludgeoning, or slashing damage. Your horns deal 1d8 + your Strength modifier of damage. Your hooves count as unarmed strikes with which you are proficient, and deal 1d6 + your Strength modifier bludgeoning damage.

A Medium or smaller creature can ride on your back if you allow it. In such a situation, you continue to act independently, not as a controlled mount. Your melee attacks no longer add any of your modifiers while mounted, but you can still perform them.

Unusual Adventurer. You have advantage on all Strength (Athletics) checks and disadvantage on all Dexterity (Acrobatics), Intelligence (Investigation), and Dexterity (Sleight of Hand) checks. When not speaking, most creatures will assume you are simply a bull. You are not particularly sneaky, but this can let you move without notice in certain areas.

In addition, the Somatic components of spells require dramatic gestures from your head, tail, and legs. While you are capable of casting them, you cannot hide them. While mounted, the creature riding you must make a Dexterity DC 10 + the spell's level saving throw when you cast a spell with a Somatic component. If they fail, they fall off of you within 5 feet and are knocked prone. For example, if you cast Hellish Rebuke at level 3, the creature riding you would need to make a Dexterity DC 13 save.

The Anthropos

Ability Score Increase. Your Charisma increases by 2, your Dexterity increases by 1, and your Constitution decreases by 1.

Size. Your size is Medium, though you are smaller than the average Human.

Speed. Your base walking speed is 25 feet.

Centaur's Grace. You have an almost other-worldly presence. Creatures can easily be influenced by your movements. You have advantage on all Charisma (Intimidation and Performance) checks when you make gestures.

In addition, when casting spells with a Somatic component, you move with such elegance that creatures don't recognize it as casting a spell.

Natural Rider. You feel at home on the backs of animals. You only require 5 feet of movement to mount or dismount a creature instead of half your movement. You cannot be knocked off your mount, and always land on your feet if it is knocked prone. You have advantage on Wisdom (Animal Handling) checks related to your mount, including a creature without training to accept being mounted.

Minotaur's Rage. When hit by an attack, your next attack roll has disadvantage, but adds an additional damage die. This effect lasts until the end of your next turn. Use the first damage die listed if the attack uses more than one type.

In addition, while on foot, taking any damage immediately breaks your concentration on spells and using the Disengage action provokes opportunity attacks with disadvantage.