



Strawberry Cheesecake Smoothie Bowl

INGREDIENTS

1 cup fresh or frozen strawberries

½ of a frozen banana

½ cup of full fat /4% cottage cheese

¼ cup of almond or milk of your choice

½ scoop of vanilla protein powder (100 calories)

Topping: 2 fresh strawberries, 1 TBS crushed nuts of any type

DIRECTIONS

Add all ingredients (minus toppings) to a blender and blend until creamy and smooth. If too thick, add more milk. If too thin, add ice. Scoop into a cup or bowl and add toppings. Serve immediately.

Serves 1; 330 calories