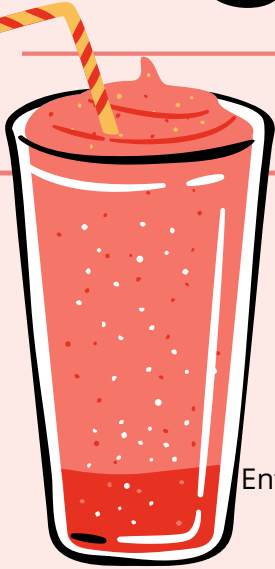


# strawberry CHEESECAKE SMOOTHIE

SARAH ROBERTS



## WHY I MAKE THIS:

Cheesecake is creamy, dreamy and delicious! And yet, it tends to be filled with ingredients I'd rather avoid.

Enter this delicious smoothie (or bowl!) that's filled with satisfying protein and fiber, whips up in seconds, is made without added sugars and totally hits the spot!

**SERVES: 2**

### INGREDIENTS

- ∅
- 1 cup cottage cheese
- ∅
- 1/2 cup plain or vanilla unsweetened almond milk (store bought or homemade)
- ∅
- 1 fresh banana (or frozen for a thicker/creamier consistency)
- ∅
- 1 cup frozen strawberries

### INSTRUCTIONS

1. Add all ingredients to a high speed blender
2. Blend on high until creamy, and serve in a glass with a straw or a bowl and spoon!
3. Enjoy!

### EASY SWAPS

Swap the strawberries for any other berries! Blueberries, mixed berries, blackberries, raspberries  
ALL work great!

Swap the almond milk for any milk of choice!