



Strawberry Smoothie

Macros: 400 Calories; 36g Protein; 38g Carbs; 12g Fat

Ingredients

1. 1 cup frozen strawberries
2. ¼ cup fat free cottage cheese
3. ¼ cup Greek yogurt (vanilla or plain)
4. ¾ cup almond milk
5. 1 scoop vanilla protein powder
6. 1 tablespoon peanut butter
7. 1 tablespoon honey
8. 6-7 ice cubes

Directions

- Place ingredients in a blender and blend until smooth. About 45 seconds.
- Pour into a glass and top with sliced strawberries (optional)