



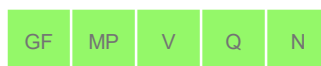
Strawberry Protein Smoothie Bowl

Serves 4

4 cups (600g) cottage cheese
1 ½ cup (225g) frozen strawberries, thawed
4 tbsp. maple syrup
½ cup granola
1 cup (150g) mixed berries

What you need to do

1. Place the cottage cheese, strawberries and maple syrup in a food processor or high-speed blender and blitz until smooth and creamy.
2. Divide between 4 serving bowls, top with granola and fresh berries, to serve.



Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
15 mins	0 mins	315	10	37	19

*Nutrition per serving