



Whipped Cottage Cheese Puree

Time for another Puree Recipe! This recipe makes for a delicious whipped puree with the natural sweetness of strawberries and almond butter.

Ingredients:

- 1 1/2 Cups of Low Fat Cottage Cheese
- 2 Tbsp of Almond Butter
- 2 Scoops of Flavorless Protein Powder
- 1/2 Cups of Strawberries

Directions:

1. Mix Cottage Cheese, Almond Butter, Protein Powder, and Strawberries into a bowl.
2. Add to your blender
3. Blend until smooth
4. Serve and Enjoy!

"Keep your face to the sunshine and you cannot see a shadow." - Helen Keller

