



Cherry Cheesecake Smoothie Bowl

Ingredients

- 1 ½ cups pitted frozen cherries
- 1 cup cottage cheese (I used 4% fat)
- 1 tablespoon honey

Instructions

- Add cottage cheese and honey to blender. In small batches, add frozen cherries and blend until smooth. Gradually keep adding cherries until all ingredients are well blended. If you have a very powerful blender or food processor, you may be able to add all the cherries at once. Alternatively, you can defrost the cherries overnight in the refrigerator and add them all at once to your blender.
- Pour into two bowls, and top with desired toppings (I used granola and sliced almonds).

MAKES 2 SERVINGS. NUTRITION PER SERVING
(WITHOUT TOPPINGS): CALORIES:155 |
CARBOHYDRATES: 17G | PROTEIN: 12G | FAT: 4G |
FIBER: 2G

ADAPTED FROM WAYS TO MY HEART