




Berry and Cottage Cheese Smoothie



 Yield: 4 servings

 Preparation: 3 minutes

 Cooking: None

500g (1 lb) of **Neilson or Dairyland cottage cheese**
750 ml (3 cups) of **Neilson or Dairyland milk**
1 L (4 cups) of frozen mixed berries
2 ripe bananas, peeled
30 ml (2 tbsp) of honey
125 ml (1/2 cup) of water

Combine all ingredients in a blender and blend for 2 minutes until smooth.

ALTERNATIVES

Add 4-6 pitted soft dates, almond or peanut butter, or any of your favourite fruits to this easy and delicious snack. The cottage cheese can be replaced with **Saputo ricotta** cheese or **Dairyland yogurt**.

Fueled by **Saputo**