



Nutrition Information Per Serving:

Calories: 207
Protein: 8 g
Carbohydrates: 40 g
Fat: 2 g
Fiber: 3 g

PREP TIME 5 mins	COOK TIME 0 mins	TOTAL TIME 5 mins	RECIPE MAKES 2 servings
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Why drink your smoothie when you can eat it like a dessert? Let this fruity, creamy, and protein-packed smoothie bowl transport you to a tropical island – no plane fare needed!

INGREDIENTS

Smoothie Ingredients:

- 1 Container of 5.3oz. Mango Muuna cottage cheese
- 1 Frozen banana
- ½ cup (100g) Frozen unsweetened acai berry
- ¼ cup Almond milk

Topping Ingredients:

- 1 Kiwi, sliced
- ½ cup Fresh mango, chopped
- 1 tsp. Bee pollen (optional)

INSTRUCTIONS

- 1)** In a blender, blend cottage cheese, banana, acai, and coconut almond milk until combined.
- 2)** Pour into 2 bowls and top with the sliced kiwi, chopped mango, and bee pollen.
- 3)** Enjoy immediately!