



Nutrition Information:

Calories: 169
Protein: 8 g
Carbohydrates: 31 g
Fat: 1 g
Fiber: 2 g

PREP TIME 5 min	COOK TIME 0 min	TOTAL TIME 5 min	RECIPE MAKES 2 servings
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This rich and creamy smoothie will remind you of an orange cream milkshake – but with protein-packed Muuna cottage cheese and shredded carrots, your body will thank you! Drink this smoothie for breakfast, a snack, or even dessert and you'll enjoy 8 g of protein per serving.

INGREDIENTS

- 1 Container of 5.3oz. Vanilla Muuna cottage cheese
- 1 cup Frozen unsweetened mango chunks
- 1 cup Orange juice
- ½ cup Shredded carrots

INSTRUCTIONS

- 1) In a blender, add orange juice, cottage cheese, mango chunks, and shredded carrot. Blend until combined.
- 2) Pour into 2 glasses.
- 3) Enjoy immediately!