



Nutrition Information:

Calories: 156
Protein: 8 g
Carbohydrates: 29 g
Fat: 2 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 perfectly pink smoothie is delicious and protein-packed due to the addition of ridiculously creamy Raspberry Muuna cottage cheese. Perfect for breakfast or an afternoon snack, this smoothie packs a protein punch with 8 g of protein per serving.

INGREDIENTS

- 1 Container of 5.3oz. Raspberry Muuna cottage cheese
- ½ cup Freshly-squeezed orange juice
- ½ cup Coconut water, with pulp (or use water)
- ½ cup Frozen banana
- ½ cup Shredded beet

INSTRUCTIONS

- 1) In a blender, add orange juice, coconut water, cottage cheese, banana, and shredded beet. Blend until combined.
- 2) Pour into 2 glasses.
- 3) Enjoy immediately!