



Nutrition Information:

Calories: 197
Protein: 8 g
Carbohydrates: 38 g
Fat: 2 g
Fiber: 4 g

PREP TIME 5 min	COOK TIME 0 min	TOTAL TIME 5 min	RECIPE MAKES 2 servings
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Not only is this tasty drink purple, it also has pitaya (dragon fruit) in it – a hot pink superfood! With the addition of ridiculously creamy Black Cherry Muuna cottage cheese, it boasts probiotics, potassium, AND 8 g of protein per serving. That’s a lot of p’s you can be proud of!

INGREDIENTS

- 1 Container of 5.3oz. Black Cherry Muuna cottage cheese
- ¾ cup Coconut water, with pulp (or use water)
- ¼ cup Unsweetened apple juice
- 1 cup Frozen blueberries
- 1 tsp. Freeze dried pitaya/dragon fruit powder (optional)

INSTRUCTIONS

- 1) In a blender, add apple juice, coconut water, cottage cheese, blueberries, and freeze dried pitaya/dragon fruit powder. Blend until combined.
- 2) Pour into 2 glasses.
- 3) Enjoy immediately!