

STRAWBERRY PROTEIN SMOOTHIE BOWL



Serves: 4
Prep: 15 mins
Cook: 0 mins



Nutrition per serving:
315 kcal
10g Fats
37g Carbs
19g Protein



WHAT YOU NEED

- 4 cups (600g) cottage cheese
- 1 ½ cup (225g) frozen strawberries, thawed
- 4 tbsp. maple syrup
- ½ cup granola
- 1 cup (150g) mixed berries

WHAT YOU NEED TO DO

Place the cottage cheese, strawberries and maple syrup in a food processor or high-speed blender and blitz until smooth and creamy.

Divide between 4 serving bowls, top with granola and fresh berries, to serve.