



STRAWBERRY PROTEIN SMOOTHIE BOWL

Ingredients

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

Directions

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.



SERVES 4