



Blueberry Cobbler Smoothie ~ Allon-Z!

2 servings

5 minutes

Ingredients

- 1 1/2 cups Unsweetened Cashew Milk
- 1 cup Blueberries (fresh or frozen)
- 1/4 cup Oats (quick or rolled)
- 1 cup Cottage Cheese
- 2 tbsps Pitted Dates
- 1 1/2 tbsps Lemon Juice
- 1 tsp Cinnamon

Nutrition

Amount per serving	
Calories	242
Fat	8g
Carbs	31g
Fiber	4g
Sugar	16g
Protein	14g
Cholesterol	18mg
Sodium	396mg
Vitamin A	567IU
Vitamin C	12mg
Calcium	190mg
Iron	1mg
Vitamin B12	3.2µg
Magnesium	56mg

Directions

- 1 Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

Notes

Leftovers: Refrigerate in a sealed mason jar up to 24 hours. Shake well before drinking.

Pitted Dates: One serving is equal to approximately one to two dates.

Make it Vegan: Use coconut yogurt instead of cottage cheese.

More Fiber: Add ground flax seed.

More Protein: Add hemp seeds or chia seeds.

No Cashew Milk: Use any milk of choice.

No Dates: Sweeten with maple syrup, honey, or, even better, a few chunks of banana instead.

No cottage cheese: Use Greek yogurt instead.