

Ingredients

8 Tablespoons ($\frac{1}{2}$ cup) 2% cottage cheese or quark (or 2% Fage Greek Yogurt)

4 Tablespoons cold pressed flaxseed oil ($\frac{1}{4}$ cup)

3 Tablespoons Honey

$\frac{1}{2}$ cup 2% milk cows or almond milk or hemp milk

12 - 15 Frozen strawberries (1-2 cups)

1 frozen banana

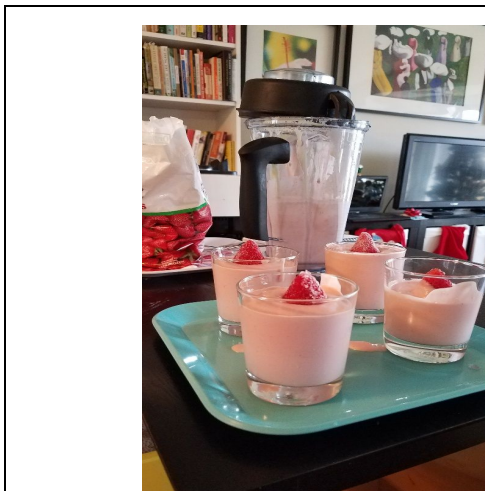
Directions

Part 1

- Blend cottage cheese or quark with cold pressed flaxseed oil using an immersion blender on low speed until the oil is completely blended and smooth

Part 2

- In a VitaMixer (in this order) add milk, cottage cheese/quark and flaxseed oil blend, frozen banana, frozen strawberries, 3 Tablespoons honey and blend until smooth





Njeri's Kid Friendly Super Simple Smoothie