

Spiced Berry Cottage Cheese Smoothie

Eating healthy doesn't have to be boring, expensive or take a long time to prepare. This quick and easy, low calorie smoothie is loaded with protein, packed with fiber and those little old fashioned oats will help to keep your blood sugar stabilized!

What you will need:

1 1/2 cups fresh raspberries or blueberries (your choice)

1/2 cup fat-free cottage cheese

2 pitted medjool dates

2 tablespoons raw oats (you can use the gluten free kind as well)

1 teaspoon honey

1 teaspoon ground cinnamon

4-5 ice cubes

Combine all ingredients in a blender. Blend until smooth. Serve and enjoy!

This recipe serves 2

Nutritional information per serving:

Calories: 135; Fat: 1g (0g sat fat); Protein: 8.5g; Carb: 25g; Fiber: 6.5g; Chol: 3mg; Calcium: 55mg