

Cottage Cheese Smoothie

Prep Time 5 mins
 Total Time 7 mins
 Meal Type Breakfast, Snack
 Source [Fueling Fertility](#)

Servings 1



Ingredients

lb,c g,ml

- 4 oz full fat cottage cheese
- 1/2 tsp cinnamon
- 1 cup mango, *frozen*
- 1/2 cup spinach
- 1/2 cup almond milk, *or milk of choice*
- 1/2 cup water

Directions

Make

1. Place all ingredients in blender and process until smooth.

Source: Nutrient data for this listing was provided by USDA Food Composition Database. Each "-" indicates a missing or incomplete value.

Nutrition information for recipes is calculated by retrieving and compiling individual food data from the USDA database. Factors such as brand selection, size of produce, and preparation can change nutrition information in any recipe. We offer this information as an estimate only.

Nutrition Facts	Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
	Total Fat 10.7g		16%	Total Carbohydrates 30g
Saturated Fat 3.7g		18%	Dietary Fiber 4g	14%
Trans Fat 0.0g			Total Sugars 25g	
Cholesterol 23mg		7%	Protein 19g	
Sodium 369mg		16%		
Vitamin D 0mcg 0% · Calcium 163mg 16% · Iron 1mg 4% · Potassium 447mg 9%				

* The percent Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

- Show all nutrients -