



Blueberry Cheesecake Smoothie

a recipe from Georgia School Nutrition Program

MAKES: 2 PREP TIME: 10 minutes CATEGORY: Breakfast/Snack

Ingredients:

4 oz. Plain Greek yogurt
¼ Cup Cottage cheese
1 Cup Frozen blueberries
1/3 Cup Milk
1 Tbsp. Honey
Graham crackers for garnish
Blueberries, fresh Georgia Grown for garnish

TOOLS NEEDED: Blender/food processor, measuring cups, spoons

Steps:

1. Add yogurt, cottage cheese, frozen blueberries, milk and honey to blender
2. Blend
3. Pour into cups
4. Crush graham crackers
5. Garnish each with crushed graham crackers and fresh blueberries