

PINEAPPLE PROTEIN SMOOTHIE

Cottage cheese is a surprisingly delicious and inexpensive source of protein in this sweet, tangy, and tropical Pineapple Protein Smoothie.

AUTHOR: [Adapted from For the Love of Popsicles](#)

SERVINGS 1 - 16 oz.

PREP 5 mins

COOK 0 mins

TOTAL 5 mins

INGREDIENTS

- 1/2 cup cottage cheese (\$0.27)
- 1/2 frozen banana (\$0.10)
- 1/2 cup frozen pineapple chunks (\$0.19)
- 1/2 tsp brown sugar (optional)* (\$0.01)
- 1/4 tsp vanilla extract (\$0.07)
- 1 Tbsp ground flaxseed (optional) (\$0.03)
- 1 cup milk of choice (I used unsweetened almond milk) (\$0.31)

INSTRUCTIONS

1. Place all of the ingredients into a blender, then blend until smooth. Serve immediately.

NUTRITION

Serving: 1 Serving

Calories: 270.1kcal

Carbohydrates: 37g

Protein: 17.5g

Fat: 5.7g

Sodium: 661.8mg

Fiber: 4.9g



Source: Pineapple Protein Smoothie. (n.d.). Budget Bytes. Retrieved October 21, 2022, from <https://www.budgetbytes.com/pineapple-protein-smoothie/>