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Luscious lime high-protein smoothie

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USMetric

2 servings

Ingredients

5 oz. (2/3 cup) cottage cheese

1 1/2 cups (9 1/2 oz.) Greek yogurt (4% fat)

1/3 cup sour cream

1/3 cup (1 1/2 oz.) powdered erythritol or a few stevia drops (optional)

2 tbsp lime juice

2 tsp lime zest

 Nutrition




Recipe by Kristie Sullivan, PhD  , photo by Naomi Sherman  , nutritional review

by Franziska Spritzler, RD, CDE 

 Kristie Sullivan

 Naomi Sherman

 **Test kitchen**

 Franziska Spritzler, RD, DD+ MEMBERSHIP

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 **Franziska Spritzler, RD**
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Recipes › Luscious lime high-protein smoothie

Instructions

1. Place the cottage cheese in a blender or food processor and blend until smooth.
2. Add the yogurt, sour cream, sweetener, lime juice, and lime zest. Blend until creamy.
3. Pour the mixture into two serving glasses. Serve immediately. Garnish with additional lime zest, a lime wedge, or a dollop of freshly whipped cream.

Tip

Using the zest of the lime is a fantastic way to add a lot of flavor and no carbs. The zest, (the very thin outer green part) has oils that carry a lot of zip. Be sure to avoid the white part of the peel since it is very bitter.

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