

Holiday Help from Belfonte



From the heart
of Kansas City.

Belfonte Pumpkin Cheesecake Smoothie

Eat dessert first, but healthfully, with one of your favorite holiday desserts made sip-able! Belfonte Cottage Cheese packs protein and adds a creamy 'cheesecake' flavor to a pumpkin-pie inspired smoothie.

INGREDIENTS:

- 1/2 cup Belfonte Cottage Cheese
- 1/2 cup Belfonte Milk
- 1 frozen banana
- 1/2 cup pumpkin puree
- 1 Tbsp almond butter
- 1/4 tsp pumpkin pie spice
- 2 tsp real maple syrup
- 1/4 tsp vanilla extract

DIRECTIONS:

Combine all ingredients in a high-powered blender and process until smooth. Pour into your favorite glass or bowl and top with granola for added crunch! If you want to up the protein ante even more, add in your favorite vanilla protein powder.

Serves one.



#BelfonteHoliday