

LEAN BODY®



Protein Bar Cottage Cheese

HOW TO MAKE IT

1. Add all of your ingredients aside from 1/2 of your Lean Body Protein Bar into either a food processor or really powerful blender
2. Process or blend everything until smooth
3. Top with pieces from the other 1/2 of your Lean Body Protein Bar

INGREDIENTS

- 1 Lean Body Protein Bar (Your Choice Flavor)
- 1 Cup (226g) Cottage Cheese (Use fat free for the best macros)
- 2 Tablespoons (32g) Peanut Butter
- 1 Large Pasteurized Egg White
- 1 Tablespoon Sweetener
- 1 Teaspoon Vanilla Extract



NUTRITION

Whole Recipe

Makes: 2 Bowls

Calories: 341

Fat: 11g

Saturated Fat: 3g

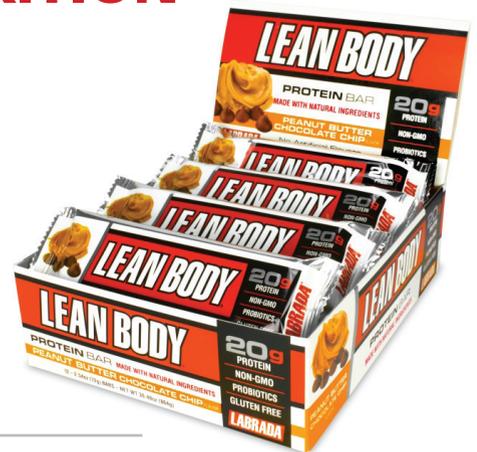
Sodium: 320mg

Carbs: 30.5g

Fiber: 10g

Sugar: 8.5g

Protein: 30g



TIPS

Add on top fresh fruit, nuts, or anything else you can think of!

Put it in the fridge for a bit and it'll turn into a frozen-like dessert!