

# VALENTINES DAY INSPIRED SMOOTHIES

## STRAWBERRY CHEESECAKE SMOOTHIE

PREP TIME: 5 MINS// TOTAL TIME: 5 MINS

### Ingredients

- 1 cup frozen strawberries, I use Dole
- 3/4 cup plain fat-free Greek yogurt (low-fat or NF)
- 1/2 cup low-fat milk (I use 1% milk)
- 2 ounces low-fat cream cheese
- 1 tablespoon vanilla extract
- 1 1/2 tablespoons agave nectar, or sweetener of choice

### Instructions

- Place all ingredients in the pitcher of a blender and blend until smooth. Serve immediately. ~ Garnish with chia seeds, or a few sprinkles, and whipped cream <3



## A VALENTINE'S CHERRY BERRY SMOOTHIE

### Ingredients

- 1/2 orange, (skin removed) cut in small pieces
- 1/4 banana- (I like frozen)
- 1/4 cup Frozen Strawberries
- 1/4 cup Frozen Cherries
- 3/4 cup Plain Greek Yogurt- (low fat or non fat)
- 1 Very Small Beet, without ends, cut up
- 1 teaspoon Vanilla
- 1/4 cup or milk of choice (I use 1% milk)
- Sweetener: honey to taste (optional)

### Instructions

- Place all ingredients except for honey in a blender (preferably high speed) in the order listed.
- Blend, slowly increasing speed to high, until the mixture is completely smooth (this may take 1-2 minutes).
- Taste and add sweetener if needed; Garnish with chia seeds, or a few sprinkles, and whipped cream <3



**Both smoothies| CALORIES 350\* Protein: 20g, Carbs: 30g, Fiber: 4g, Fat: 3g**

\*\* (you can add in a scoop: collagen, or protein powder to this to be ultra-filling)

Recipes adopted: <https://thesuburbansoapbox.com/strawberry-cheesecake-smoothie/>  
<https://www.thekitchenmccabe.com/2017/02/09/cherry-berry-beet-smoothie/>