Berry Cheesecake Smoothie

All the flavors of the classic dessert in a drinkable form – Yum!

INGREDIENTS

(Makes 4 – 220ml each)

- Blueberries, thawed if purchased frozen: 170g
- Raspberries, thawed if purchased frozen: 170g
- U.S. Cream Cheese, tempered: 230g
- U.S. Milk, 2%: 120ml
- U.S. Heavy Cream: 120ml
- Sugar: 50g
- Ice Cubes: 8-10
- Graham Cracker Crumbs*: divided: 50g

NUTRITIONAL CONTENT

Per 100g

- Calories: 168kcal
- Total Fat: 12g
  - Saturated Fat: 7g
  - Trans Fat: 0g
- Cholesterol: 39mg
- Total Carbohydrates: 14g
  - Dietary Fiber: 2g
  - Sugars: 9g
- Protein: 2g
- Calcium: 49mg
- Magnesium: 10mg
- Phosphorus: 54mg
- Potassium: 95mg
- Sodium: 107mg
- Iron: 0mg
- Vitamin A: 465IU
- Vitamin C: 6mg

*If you would like, you can substitute vanilla cookie crumbs

PREPARATION

1. Pour all ingredients and half of the crumbs into a blender or food processor and blend until smooth.
2. Pour into glasses, garnish with the remaining crumbs, and serve.

Rely on the dynamic lineup of U.S. dairy products to meet consumer demand for tasty and nutritious foods. The U.S. Dairy Export Council (USDEC) offers resources on ThinkUSAdairy.org, including a dairy ingredient supplier search, consumer, nutrition and product research, technical insights and recipe ideas to help develop your next successful menu item.

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