

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

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

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

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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