

Salted caramel smoothie recipe

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Salted caramel smoothie recipe

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A quick and easy smoothie recipe made with almond milk, cottage cheese and maca powder.

Cottage cheese – a good source of calcium, which can help alleviate stress and anxiety.

Ingredients (serves 2)

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- 2 medjool dates, pitted
- ½ cup cold unsweetened [almond](#) milk
- 2 tbsp low fat cottage cheese

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- 1 tsp [maca](#) powder (optional)

- ½ tsp pure [vanilla](#) essence

- Pinch sea salt flakes

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- Handful of ice cubes

Method

In a high-speed blender, add all ingredients and blend for 60-to-90 seconds until smooth. Serve in a Mason jar.

Recipe and images by [Sally O'Neil](#)

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