

# Liz's Amazing Breakfast Shake



This recipe is from my friend and a great chef, Liz Geeslin of "In Good Taste Personal Chef Service" <http://mychefsite.com/ingoodtaste>  
Even if you don't like cottage cheese, you'll love this!

Makes 1 ~ 16oz drink

1 banana

1c frozen blueberries

1/2c low fat cottage cheese

1/2c water

Place everything in a blender and blend until smooth. If you don't like blueberries, use frozen strawberries.

Listen for my weekly recipes, Fridays at 7:45 a.m. on WGRR presented by

The Meijer logo, consisting of the word "meijer" in a bold, red, sans-serif font. The letter "i" has a blue dot above it.

**Debbie Spangler ~ Certified Personal Chef**

[www.yummyissimo.com](http://www.yummyissimo.com) ~ [debbie@yummyissimo.com](mailto:debbie@yummyissimo.com)