



## COOKING FOR WELLNESS

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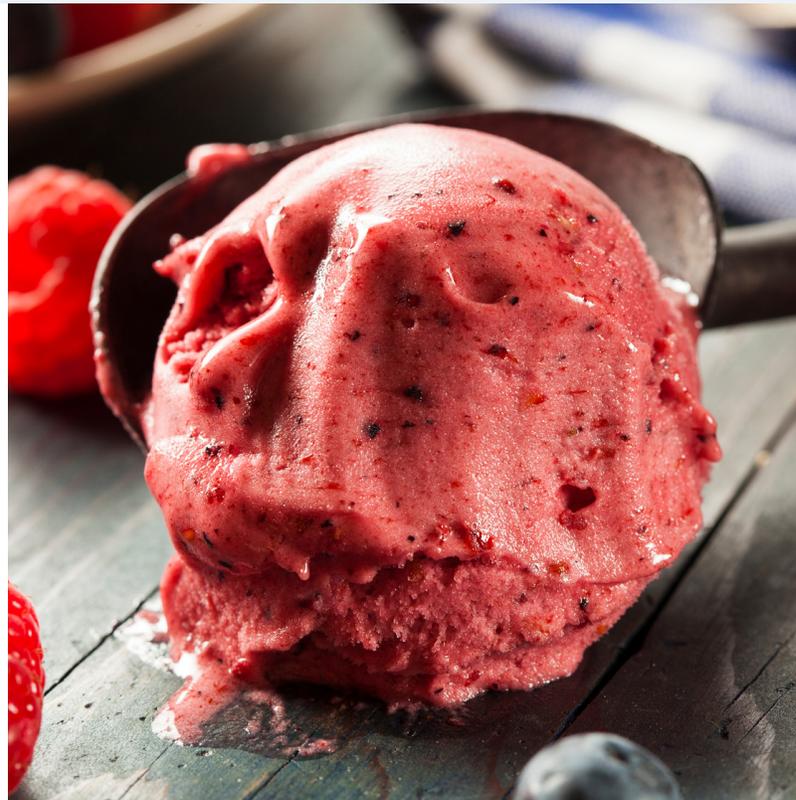
# No Ice Cream, Berry Ice Cream

## Ingredients

- 2/3 cup 2% cottage cheese (may opt for reduced sodium option)
- 1 cup frozen berries of choice (consider a berry blend or try other fruit options)

## Instructions

- Add cottage cheese and berries into a blender or food processor
- Blend until smooth
- Top with additional berries (consider fresh) and your favorite cereal (if desired)



**Nutrition Information:** 1 serving (~ 1 cup)  
182 calories: 3 g fat 22 g carbohydrate (4 g fiber, 16 g sugar) 17 g protein 400 mg sodium



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<https://www.cancersupportohio.org/programs-and-services/cooking-and-nutrition/>  
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