

Banana Cheesecake Shake

THM-Friendly: E

- 1/2 cup 1% cottage cheese
- 1 small to medium summer squash cut into chunks
- 3/4 cup unsweetened nut milk
- 1 scoop unflavored [Pristine Whey Protein](#)
- 1/2 tsp. [sunflower lecithin](#)
- 1/4 tsp. [gluccie](#)
- 1 small banana
- 4 tsp. THM [Super Sweet](#)
- 1/2 tsp. [cream cheese extract](#) (optional)
- 1 cup ice

Blend it up!

Top with premade, [All-the-Things Crumble](#) if you have them or want to make them, and feel fancy.

enJOY!

