



## Wild Blueberry Basil Cheesecake Smoothie

By Kara Lydon, [The Foodie Dietitian](#)

### Ingredients for 1 serving:

- 1 cup (250 ml) frozen wild blueberries
- 3 large basil leaves
- 1/2 cup (125 ml) coconut milk
- 1/2 cup (125 ml) plain low-fat Greek yogurt
- 1/4 cup (63 ml) cottage cheese
- 2 tsp (10 ml) vanilla extract
- 2 tbsp (30 ml) graham cracker crumbs
- 2 tsp (10 ml) flax seeds
- 2 tsp (10 ml) vanilla protein powder
- 1/2 tsp (2.5 ml) lemon zest

### Optional Toppings:

- graham cracker crumbs
- basil leaves

### Directions:

1. Place all ingredients in a blender and process until smooth and creamy.
2. Pour into glass; garnish if desired.
3. Serve immediately.



Recipe to be used in association with or credited to the Wild Blueberry Association of North America ([www.wildblueberries.com](http://www.wildblueberries.com)). For more information, recipes, visuals or to schedule an interview with a spokesperson from the Wild Blueberry Association of North America, please contact Sally Matteo or Susan Willemsen at The Siren Group Inc. Tel: 416-461-5270. E-mail: [sally@thesirengroup.com](mailto:sally@thesirengroup.com) or [susan@thesirengroup.com](mailto:susan@thesirengroup.com). Visit: [www.thesirengroup.com](http://www.thesirengroup.com) or on [Twitter](#) or [Instagram](#) @thesirengroup.