

BERRY CREAM BLISS SMOOTHIE

THM S | Smooth | Velvety | Satisfying

MACROS (per serving)

Protein 30g • Fat 22g • Net Carbs 8g

 **Prep**
5 Mins

 **Cook Time**
0 Mins

 **Serves**
1

 **Healthy**
Carbs



Ingredients

Almond Milk	1 cup
Cottage Cheese 4% Milk-Fat	½ cup
Blackberries Freeze-dried	½ cup
Heavy Cream or Coconut Cream	2 Tbsp
Vanilla Protein Powder	1 scoop
Blackberry Powder Freeze-dried	1 Tbsp
Vanilla Extract	1/2 tsp
Sweetener To Taste	
Water/Ice	
Optional	
Pineapple + Coconut Extract	1/2 tsp

Direction

- Soak.** Put almond milk and blackberries in the blend. Let it sit while you grab the rest.
- Add the rest.** All remaining ingredients.
- Blend.** Run the blender on high for 30 seconds. For a frostier sip, add ice and pulse 10 seconds more.
- Taste.** Need more zing? Add pineapple and coconut extract.
- Serve now.** Pour, garnish, drink, and rinse the blender.

Prep Notes / Variations

- 1–2 tablespoons powdered freeze-dried blackberries → intense black flavor without watering it down
- Crushed pecans or walnuts on top → “graham crust” vibe without the carbs
- Want it creamier? Unsweetened canned coconut milk or coconut milk beverage

