

# BLUE WALNUT MORNING SMOOTHIE

THM S | Creamy | Nutty | Nourishing

## MACROS (per serving)

Protein 32g • Fat 28g • Net Carbs 10g

 **Prep**  
5 Mins

 **Cook Time**  
0 Mins

 **Serves**  
1

 **Healthy**  
Carbs



## Ingredients

|                                    |         |
|------------------------------------|---------|
| Unsweetened Almond Milk            | 1 cup   |
| Ripe Avocado                       | ½ each  |
| Blueberries fresh or freeze-dried  | ⅓ cup   |
| Spinach fresh or ¼ c. freeze-dried | ½ cup   |
| Cottage Cheese                     | 2 Tbsp  |
| Protein Powder                     | 1 scoop |
| Walnuts                            | 2 Tbsp  |
| Heavy Cream                        | 1 Tbsp  |
| Vanilla Extract                    | ½ tsp   |
| Cinnamon                           | ⅛ tsp   |
| Pinch of Salt                      | pinch   |
| Lemon Juice                        | ½ Tbsp  |
| (Optional: Xanthan Gum)            | ⅛ tsp   |

## Direction

- 1. Layer liquids first.** Pour the almond milk and heavy cream into your blender jar.
- 2. Add the creamy crew.** Scoop in avocado, cottage cheese, collagen (or protein powder), and lemon juice.
- 3. Toss in the flavor power.** Drop in blueberries, spinach, walnuts, vanilla, cinnamon, salt, and sweetener.
- 4. Ice & blend.** Add ½–1 cup ice (plus the optional xanthan gum if you want extra body). Blend on high for 30 seconds until velvety-smooth and the walnuts are fully pulverized.
- 5. Taste-test & tweak.** Need more sweetness or zing? Adjust, pulse again, and serve immediately.

### Prep Notes / Variations

“Blueberry Muffin” Twist

- Swap vanilla extract for ¼ tsp butter-vanilla extract and add a tiny pinch of nutmeg. The smoothie suddenly tastes like bakery-fresh muffin batter—without the carbs.

Keep It Low Carb

- Blend everything except the blueberries first, then add the berries and pulse just 3–4 times. Leaving tiny specks of blueberry skin gives the perception of more berry content—even when the amount stays low.

Crunch-Top Delight

- Reserve ½ Tbsp of the toasted walnuts, chop finely, and sprinkle over the pour with a few whole blueberries.

