

COCONUT SILK DREAM SMOOTHIE

THM S | Creamy | Tropical | Bliss

MACROS (per serving)

Protein 34g • Fat 22g • Net Carbs 10g

 **Prep**
5 Mins

 **Cook Time**
0 Mins

 **Serves**
1

 **Healthy**
Carbs



Ingredients

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

Direction

1. **Place.** Put all ingredients in the blend.
2. **Blend.** Run the blender on high for 30 seconds. For a frostier sip, add ice and pulse 10 seconds more.
3. **Taste.** Need more zing? Add pineapple extract.
4. **Serve now.** Pour, garnish, drink, and rinse the blender



Prep Notes / Variations

- Stock shelf-stable almond milk cartons in the back of the “dairy” shelf; rotate forward as you use them to keep dates fresh and predictable.
- Freeze extra heavy cream and coconut milk in silicone ice-cube trays—each cube is roughly 2 Tbsp, perfect for single-serve smoothies without waste.
- Keep a pantry can of instant milk on hand; it whirles into liquids instantly and never curdles.

