

# KEY LIME DREAM SMOOTHIE

THM S | Creamy | Tangy | Indulgent

## MACROS (per serving)

Protein 25g • Fat 14g • Net Carbs 6g



**Prep**  
5 Mins



**Cook Time**  
0 Mins



**Serves**  
1



**Healthy**  
Carbs



## Ingredients

|                                   |            |
|-----------------------------------|------------|
| <b>Almond Milk</b> Unsweetened    | 1 cup      |
| <b>Cottage Cheese</b> 4% Milk-Fat | ½ cup      |
| <b>Ripe Avocado</b> (50g)         | ½ each     |
| <b>Vanilla Protein Powder</b>     | 1 scoop    |
| <b>Lime Juice</b>                 | 1 1/2 Tbsp |
| <b>Lime Zest</b>                  | 1 tsp      |
| <b>Vanilla Extract</b>            | 1/4 tsp    |
| Pinch of <b>Salt</b>              |            |
| <b>Sweetener</b> To Taste         |            |
| <b>Water/Ice</b>                  | 1/8 tsp    |
| <b>Xanthan Gum</b>                | ¼ tsp      |
| <b>Coconut Extract</b>            |            |

## 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 more lime zest and coconut extract.
4. **Serve now.** Pour, garnish, drink, and rinse the blender



### Prep Notes / Variations



**Boost the Lime Flavor:**

Don't skip the lime zest. The zest contains the natural citrus oils that make the flavor pop.



**Make It Tropical:**

Replace ¼ cup of the almond milk with unsweetened coconut milk or coconut cream and ¼ tsp of coconut extract for a tropical twist that pairs beautifully with the lime.



**Extra Pie-Filling Texture:**

For a thicker, spoonable smoothie, add the optional xanthan gum and let the smoothie rest for 1–2 minutes before serving. It will thicken into a key lime pie-style mousse.

