

MINT CHIP MOUSSE THM S SMOOTHIE

THM S | High Protein | Healthy Fats | Pantry-Friendly

MACROS (per serving)

Protein 35g • Fat 18g • Net Carbs 7g



Direction

- Blend first pass:** almond milk, cottage cheese, avocado, heavy cream, protein powder, cocoa powder, spinach, salt, sweetener.
- Bloom & blend gelatin:** whisk gelatin with 2 Tbsp hot water until dissolved; add to blender with crushed ice.
- Flavor finish:** pulse in extracts, citric acid, and cocoa nibs just enough to leave crunchy flecks.
- Pour, garnish, enjoy.**

 **Prep**
5 Mins

 **Cook Time**
0 Mins

 **Serves**
1

 **Healthy**
Carbs

Ingredients

Unsweetened Almond Milk	1 cup
Ripe Avocado	¼ each
Spinach fresh or ¼ c. freeze-dried	½ cup
Cottage Cheese	2 Tbsp
Heavy Cream	1 Tbsp
Vanilla Protein Powder	1 scoop
Mineral Salt	1/16 tsp
Sweetener	varies
Unflavored Gelatin	2 tsp
4-5 Regular Cubes + Crushed ice	
Peppermint Extract	½ tsp
Vanilla Extract	½ tsp
Lemon Juice	½ tsp
Cocoa Nibs or 85% Dark-Chocolate	1 ½ Tbsp
Shavings	

Prep Notes / Variations

- Fresh mint leaves (4-5) blended in at the end add specks of color and garden-fresh aroma.
- Sugar-free chocolate drizzle on the glass wall brings a milk-shake feel for zero macros.
- Top with sugar-free whipped cream + dust of crushed cocoa nibs for a coffee-shop finish.

