

# AVOCADO SPINACH SMOOTHIE

THM E | High Protein | Fruit-Forward | Pantry-Friendly


## MACROS (per serving)

Protein 25g • Fat 4-8g • Net Carbs 28g

(optional: Calories 230)

 **Prep**  
5 Mins

 **Cook Time**  
0 Mins

 **Serves**  
1

 **Healthy**  
Carbs



## Ingredients

<b>Unsweetened Almond Milk</b>	1/2 cup
<b>Coconut Water</b>	1/2 cup
<b>Avocado</b> Frozen	1/4 - 1/2 medium
<b>Spinach</b>	1 cup
<b>Banana</b> Frozen or Freeze-dried	1/2 cup
<b>Pineapple</b> Freeze-dried	1/4 cup
<b>Vanilla Protein Powder</b>	1 scoop
<b>Lime Juice</b>	1 tsp
<b>Lime Zest</b>	1/4 tsp
<b>Vanilla Extract</b>	1/2 tsp
<b>Cinnamon</b>	pinch
<b>Sweetener</b> To Taste	
<b>Ice</b> as needed	

## Direction

- Soak.** Put almond milk and coconut water in the blender along with avocado, spinach, banana and pineapple. Let it sit while you grab the rest.
- Add the rest.** Drop in protein powder, lime juice, lime zest, vanilla, cinnamon and sweetener.
- Blend.** Run the blender on high for 30 seconds. For a frostier sip, add ice and pulse 10 seconds more.
- Taste.** Need more zing? Mint leaves or ginger powder.
- Serve now.** Pour, garnish, drink, and rinse the blender.

Blend, taste, adjust lime or sweetener, and enjoy a tropical green shake that stays 100 % THM E friendly.

### **Prep Notes / Variations**

- **Freeze-ahead hack:** cube ripe avocado, flash-freeze, then store—no last-minute peeling.
- **Re-hydrate fruit:** use the Pantry Today 1 : 1/2 rule (fruit : water) for freeze-dried banana or pineapple; it blends smooth without watering things down.
- **Flavor boosters:** 2 mint leaves = spa-day freshness; 1/8 tsp ginger powder = subtle heat.
- **Thin or thick?** More coconut water for a sippable drink; a handful of ice for spoon-worthy texture.

