

# BLACKBERRY CREAM SMOOTHIE

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

## MACROS (per serving)

Protein 24-30g • Fat 22-26g • Net Carbs 5-8g

 **Prep**  
5 Mins

 **Cook Time**  
0 Mins

 **Serves**  
1

 **Healthy**  
Carbs



## Ingredients

<b>Almond Milk</b>	1 cup
<b>Cottage Cheese</b> 4% Milk-Fat	½ cup
<b>Blackberries</b> Freeze-dried	½ cup
<b>Heavy Cream or Coconut Cream</b>	2 Tbsp
<b>Vanilla Protein Powder</b>	1 scoop
<b>Blackberry Powder</b> Freeze-dried	1 Tbsp
<b>Vanilla Extract</b>	1/2 tsp
<b>Sweetener To Taste</b>	
<b>Water/Ice</b>	
Optional	
<b>Pineapple + Coconut Extract</b>	1/2 tsp

## Direction

- Soak.** Put almond milk and blackberries in the blend. Let it sit while you grab the rest.
- Add the rest.** All remaining ingredients.
- Blend.** Run the blender on high for 30 seconds. For a frostier sip, add ice and pulse 10 seconds more.
- Taste.** Need more zing? Add pineapple and coconut extract.
- Serve now.** Pour, garnish, drink, and rinse the blender.

### **Prep Notes / Variations**

- 1-2 tablespoons powdered freeze-dried blackberries → intense black flavor without watering it down
- Pineapple or Coconut extract → island-style flavor
- Ice + xanthan gum/glucomannan → thick milkshake texture
- Crushed pecans or walnuts on top → “graham crust” vibe without the carbs
- Want it creamier? Unsweetened canned coconut milk or coconut milk beverage

