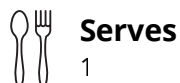


BLUBERRY MUFFIN SMOOTHIE

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

MACROS (per serving)

Protein 22-26g • Fat 3-5g • Net Carbs 40-50g



Ingredients

Unsweetened Almond Milk	1 cup
Quick Oats	¼ cup
Blueberries Frozen or Freeze-dried	½ cup
Banana Frozen or Freeze-dried	½ each
Greek Yogurt 0% fat	½ cup
Vanilla Protein Powder	1 scoop
Cinnamon	½ tsp
Sweetener To Taste	
Water/Ice	
Optional	
Vanilla extract	½ tsp

Direction

- Soak fruit.** Put almond milk, freeze-dried blueberries and oats in the blender. Let it sit while you grab the rest.
- Add the rest.** Drop in frozen banana, Greek yogurt, protein powder, cinnamon, and any extras.
- Blend.** Run the blender on high for 30 seconds. For a frostier sip, add ice and pulse 10 seconds more.
- Taste.** Need more zing? Squeeze lemon. Need more sweet? Add a pinch, pulse 3 seconds.
- Serve now.** Pour, garnish, drink, and rinse the blender.

Blend, pour, and enjoy your Blueberry Muffin THM E Smoothie - all the comfort of a fresh-baked treat, none of the oven heat.

Prep Notes / Variations

- **Pantry staples:** Substitute quick oats for ground flaxseed or 1 Tbsp of oat fiber.
- **Freeze-dried berries:** Re-hydrate 1 : ½ water for velvety texture, then blend.
- **Want milk-shake vibes?** Add ¼ tsp glucomannan; it thickens with zero carbs or 1 Tbsp on sugar-free vanilla pudding mix.
- **Need a vitamin C punch?** Blend in ½ cup frozen cauliflower rice—tasteless, added fiber.
- **Out of Almond Milk?** Unsweetened oat milk or cashew milk.

