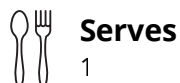


BLUBERRY MUFFIN SMOOTHIE

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

- **Almond Milk Swap:** Use unsweetened cashew milk.
- **Sweetness:** Naturally sweet from banana; add a pinch of stevia only if needed.
- **Pantry Staples:** Substitute quick oats for 1 Tbsp ground flax seed or oat fiber.
- **Optional Boosts:** Use 1–2 tsp sugar-free gelatin mix or 1 Tbsp sugar-free pudding mix. Add to initial liquid to avoid lumps.

