

KEY LIME PIE SMOOTHIE

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

MACROS (per serving)

Protein 25g • Fat 14g • Net Carbs 6g

 **Prep**
5 Mins

 **Cook Time**
0 Mins

 **Serves**
1

 **Healthy**
Carbs



Ingredients

Almond Milk Unsweetened	1 cup
Cottage Cheese 4% Milk-Fat	½ cup
Ripe Avocado (50g)	½ each
Vanilla Protein Powder	1 scoop
Lime Juice	1 1/2 Tbsp
Lime Zest	1 tsp
Vanilla Extract	1/4 tsp
Pinch of Salt	
Sweetener To Taste	
Water/Ice	


Optional

Glucomannan ¼ tsp


Direction

- Place.** Put all ingredients in the blend.
- 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 more lime zest.
- Serve now.** Pour, garnish, drink, and rinse the blender

Prep Notes / Variations

 **Boost the Lime Flavor:**

Don't skip the lime zest. The zest contains the natural citrus oils that make the flavor pop.

 **Make It Tropical:**

Replace ¼ cup of the almond milk with unsweetened coconut milk or coconut cream for a tropical twist that pairs beautifully with the lime.

 **Extra Pie-Filling Texture:**

For a thicker, spoonable smoothie, add the optional glucomannan and let the smoothie rest for 1-2 minutes before serving. It will thicken into a key lime pie-style mousse.

