

PEACH COBBLER SMOOTHIE

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

MACROS (per serving)

Protein 20-25g • Fat 2-4g • Net Carbs 35-45g

 **Prep**
5 Mins

 **Cook Time**
0 Mins

 **Serves**
1

 **Healthy**
Carbs



Ingredients

Unsweetened Almond Milk	1 cup
Quick Oats	¼ cup
Peaches Freeze-dried	1 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 or	½ tsp
Vanilla Pudding Mix Sugar-free	1 Tbsp

Direction

- Soak fruit.** Put almond milk, freeze-dried peaches and oats in the blender. Let it sit while you grab the rest.
- Add the rest.** Drop in 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? Vanilla extract. Need it creamier? Add vanilla pudding powder
- Serve now.** Pour, garnish, drink, and rinse the blender.

Blend, sprinkle a pinch more cinnamon on top, and enjoy your Peach Cobbler THM E Smoothie—comfort food, simplified.

Prep Notes / Variations

- **Freeze-dried peaches** blend smoother than frozen slices—rehydrate 1 : 1/2 with water for velvety texture.
- **Crave extra bakery notes?** Add ¼ tsp butter-vanilla extract—all flavor, no fat.
- **For thicker spoon-able “cobbler cream,”** blend in 1 Tbsp sugar-free vanilla pudding mix; it only adds ~2 g carbs.
- **Out of almond milk?** Unsweetened cashew milk swaps in at identical macros and adds a mellow nutty finish.

