

# PEANUT BUTTER CHOCOLATE SMOOTHIE

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

## MACROS (per serving)

Protein 25-30g • Fat 18-24g • Net Carbs 5-8g

 **Prep**  
5 Mins

 **Cook Time**  
0 Mins

 **Serves**  
1

 **Healthy**  
Carbs



## Ingredients

<b>Almond Milk</b> Unsweetened	1 cup
<b>Cottage Cheese</b> 4% Milk-Fat	½ cup
<b>Heavy Cream</b>	2 Tbsp
<b>Peanut Butter</b> Natural	1 Tbsp
<b>Cocoa Powder</b>	1 Tbsp
<b>Protein Powder</b>	1 scoop
<b>Vanilla Extract</b>	1 tsp
<b>Salt</b>	⅛ tsp
<b>Sweetener To Taste</b>	
<b>Water/Ice</b>	

Optional

<b>Instant Coffee</b>	¼ tsp
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## 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 instant coffee.
- Serve now.** Pour, garnish, drink, and rinse the blender

### **Prep Notes / Variations**

Boost the Peanut Butter Flavor:

- For a richer peanut butter cup taste, use 1 tablespoon natural peanut butter plus 1 tablespoon peanut butter powder. This adds extra peanut flavor without making the smoothie too heavy.

Make It Extra Chocolatey:

- Add 1/4 teaspoon instant coffee or espresso powder. You won't taste coffee, but it deepens the chocolate flavor and makes the smoothie taste more like a chocolate milkshake.

