

# SALTED CARAMEL LATTE SMOOTHIE

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

## MACROS (per serving)

Protein 28g • Fat 12g • Net Carbs 4g



**Prep**  
5 Mins



**Cook Time**  
0 Mins



**Serves**  
1



**Healthy**  
Carbs



## Ingredients

<b>Cold Brewed Coffee</b>	¾ cup
<b>Almond Milk</b>	¼ cup
<b>Heavy Cream</b>	2 Tbsp
<b>Vanilla Protein Powder</b>	½ scoop
<b>Collagen</b>	1 scoop
<b>Caramel Extract</b>	½ tsp
<b>Vanilla Extract</b>	½ tsp
<b>Pinch of Salt</b>	pinch
<b>Sugar-free caramel syrup</b>	1 Tbsp
<b>Greek Yogurt Fat-free</b>	¼ cup
<b>Water/Ice</b>	
<b>Xanthan Gum</b>	⅛ tsp

## Direction

- Liquids first.** Add coffee, almond milk, heavy cream, extracts, salt and sweetener.
- Powders next.** Add in protein powder, collagen and xanthan (if using).
- Blend.** Add Greek yogurt and ice. Blender on high for 30 seconds.
- Taste.** Need more zing? Add ¼ tsp instant coffee or dark-chocolate shavings.
- Serve now.** Pour, garnish, drink, and rinse the blender.

### **Prep Notes / Variations**

#### Coffee-Cube Chill

- Freeze leftover cold brew in an ice-cube tray and blend with the smoothie instead of regular ice. Result: a thicker, frappé-style drink that never waters down as it melts.

#### Dairy-Free Swap

- Replace heavy cream with 2 Tbsp canned coconut cream. Macros stay "S," mouthfeel stays silky, and the subtle coconut undertone plays well with caramel.

#### Salted Turtle Treat

- After blending, pulse in 1 tsp 85 % dark-chocolate shavings and top with a tiny pinch of smoked sea salt. You get crunchy "turtle" bits and an elevated sweet-and-savory finish—no macro changes needed. Enjoy!

