

STRAWBERRY CHEESECAKE SMOOTHIE

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

MACROS (per serving)

Protein 25g • Fat 19g • Net Carbs 10g

 **Prep**
5 Mins

 **Cook Time**
0 Mins

 **Serves**
1

 **Healthy**
Carbs



Ingredients

Almond Milk	1 cup
Cottage Cheese 4% Milk-Fat	½ cup
Strawberries Freeze-dried	1/4 cup
Cream Cheese	1 oz
Protein Powder	1 scoop
Cheesecake Pudding Powder Mix	1 Tbsp
Vanilla	1 tsp
Sweetener To Taste	
Water/Ice	
Optional	
Strawberry Extract	1 tsp

Direction

- Soak.** Put all ingredients into 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 strawberry extract and a squeeze of lemon juice.
- Serve now.** Pour, garnish, drink, and rinse the blender.

Prep Notes / Variations

- **Freeze-dried berries:** Re-hydrate 1 : ½ water for velvety texture, then blend.
- **Want milk-shake vibes?** Add ¼ tsp glucomannan; it thickens with zero carbs.
- **Need a vitamin C punch?** Blend in ½ cup frozen cauliflower rice—tasteless, added fiber.
- Out of almond milk? Unsweetened cashew milk or keifer.

