

# STRAWBERRY LEMONADE SMOOTHIE

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

## MACROS (per serving)

Protein 20-25g • Fat 3-5g • Net Carbs 45-55g

 **Prep**  
5 Mins

 **Cook Time**  
0 Mins

 **Serves**  
1

 **Healthy**  
Carbs



## Direction

- Soak fruit.** Put coconut water, freeze-dried strawberries in the blender. Let it sit while you grab the rest.
- Add the rest.** Drop in frozen banana, Greek yogurt, collagen, lemon juice and any extras.
- Taste.** Need more zing? Add sugar-free jello. Want it creamier? Add a 1 tbsp of quick oats or oat fiber.
- Blend.** Run the blender on high for 30 seconds. For a frostier sip, add ice and pulse 10 seconds more.
- Serve now.** Pour, garnish, drink, and rinse the blender.

Light, bright, and energizing—like a summer break in a glass.

## Ingredients

<b>Coconut Water or Unsweetened Tea</b>	1 cup
<b>Strawberries</b> Frozen or Freeze-dried	1 cup
<b>Banana</b> Frozen or Freeze-dried	½ cup
<b>Greek Yogurt</b> 0% Fat	½ each
<b>Collagen</b> unflavored	2 scoops
<b>Lemon Juice</b> Fresh	1-2 tsp
<b>Sweetener</b> To Taste	
<b>Water/Ice</b>	
<i>Optional</i>	
<b>Strawberry Extract</b> or	½ tsp
<b>Strawberry Jello</b> Sugar-free Powder	1-2 tsp
<b>Oat Fiber</b>	1 Tbsp

### **Prep Notes / Variations**

- **Freeze-dried strawberries** blend smoother than ice-cold cubes—rehydrate 1:1/2 with water for a velvet finish.
- **Want a frosty lemonade “slush”?** Replace half the coconut water with crushed ice and blend 10 seconds longer.
- **Brightness boost:** stir in ¼ tsp citric acid for extra pucker without extra carbs.
- **On workout days,** sprinkle 1 Tbsp chia seeds before serving—they gel into tiny “lemon seeds,” adding fiber but no fat.

