

STRAWBERRY PROTEIN SMOOTHIE

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

MACROS (per serving)

Protein 28g • Fat 3g • Net Carbs 40g

 **Prep**
5 Mins

 **Cook Time**
0 Mins

 **Serves**
1

 **Healthy**
Carbs



Ingredients

Water	½ cup
Kiefer Low-Fat	½ cup
Strawberries Freeze-dried	1 cup
Banana Frozen or Freeze-dried	½ cup
Protein Powder	1 scoop
Chia Seeds	1 tsp
Sweetener To Taste	
Water/Ice	
Optional	
Lemon Juice	1 tsp
Strawberry Extract	½ tsp

Direction

- Soak.** Put keifer, water, strawberries and banana in the blender. Let it sit while you grab the rest.
- Add the rest.** Drop in protein powder, and chia seeds.
- 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.

Blend, sip, and enjoy this delicious tasting smoothie full of healthy probiotics.

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 Kiefer? Unsweetened cashew milk or almond milk.

