

TROPICAL LIME OASIS SMOOTHIE

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

MACROS (per serving)

Protein 25g • Fat 4g • Net Carbs 28g

(optional: Calories 230)



Ingredients

Unsweetened Almond Milk	1/2 cup
Coconut Water	1/2 cup
Avocado Frozen	1/4 medium
Spinach Fresh or 1/2 cup (FD)	1 cup
Banana Frozen or Freeze-dried	1/2 cup
Pineapple Freeze-dried	1/4 cup
Vanilla Protein Powder	1 scoop
Greek Yogurt 0% Fat	3 Tbsp
Lime Juice	1 Tbsp
Lime Zest	1/4 tsp
Vanilla Extract	1/2 tsp
Cinnamon	pinch
Xanthan Gum	1/8 tsp

Direction

- Soak.** Put almond milk and coconut water in the blender along with avocado, spinach, banana and pineapple. Let it sit while you grab the rest.
- Add the rest.** Drop in protein powder, Greek yogurt, lime, vanilla, cinnamon, xanthan gum and sweetener.
- Blend.** Run the blender on high for 30 seconds. For a frostier sip, add ice and pulse 10 seconds more.
- Taste.** Need more zing? Mint leaves or coconut extract.
- Serve now.** Pour, garnish, drink, and rinse the blender.

Blend, taste, adjust lime or sweetener, and enjoy a tropical green shake that stays 100 % THM E friendly.

Sweetener To Taste

Prep Notes / Variations

- **Freeze-ahead hack:** cube ripe avocado, flash-freeze, then store—no last-minute peeling.
- **Flavor boosters:** 2 mint leaves = spa-day freshness; 1/8 tsp coconut extract.
- **Thin or thick?** More coconut water for a sippable drink; a handful of ice for spoon-worthy texture.

