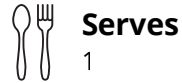


VANILLA COCONUT CREAM SMOOTHIE

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

MACROS (per serving)

Protein 34g • Fat 22g • Net Carbs 10g



Ingredients

Almond Milk	1 cup
Cottage Cheese 4% Milk-Fat	½ cup
Heavy Cream	2 Tbsp
Coconut Cream	2 Tbsp
Vanilla Protein Powder	1 scoop
Vanilla Extract	1 tsp
Coconut Extract	½ tsp
Sweetener To Taste	
Water/Ice	
Optional	
Pineapple	1/2 tsp

Direction

- 1. Place.** Put all ingredients in the blend.
- 2. Blend.** Run the blender on high for 30 seconds. For a frostier sip, add ice and pulse 10 seconds more.
- 3. Taste.** Need more zing? Add strawberry extract.
- 4. Serve now.** Pour, garnish, drink, and rinse the blender

- Stock shelf-stable almond milk cartons in the back of the “dairy” shelf; rotate forward as you use them to keep dates fresh and predictable.
- Freeze extra heavy cream in silicone ice-cube trays—each cube is roughly 2 Tbsp, perfect for single-serve smoothies without waste.
- Keep a pantry can of instant milk on hand; it whirls into liquids instantly and never curdles.
- Date-label every opened ingredient (yes, even sweetener packets); knowing when you cracked it open beats guessing later.

