

# PEACH COBBLER COMFORT SMOOTHIE

THM E | Sweet | Peachy | Nostalgic

## MACROS (per serving)

Protein 25g • Fat 4g • Net Carbs 45g



**Prep**  
5 Mins



**Cook Time**  
0 Mins



**Serves**  
1



**Healthy**  
Carbs



## Ingredients

|                                      |         |
|--------------------------------------|---------|
| <b>Unsweetened Almond Milk</b>       | 1 cup   |
| <b>Quick Oats</b>                    | ¼ cup   |
| <b>Peaches</b> Freeze-dried          | ½ cup   |
| <b>Banana</b> Frozen or Freeze-dried | ½ each  |
| <b>Greek Yogurt</b> 0% fat           | ½ cup   |
| <b>Vanilla Protein Powder</b>        | 1 scoop |
| <b>Cinnamon</b>                      | ½ tsp   |
| <b>Sweetener</b> To Taste            |         |
| <b>Water/Ice</b>                     |         |
| Optional                             |         |
| <b>Vanilla Extract</b>               | ½ tsp   |

## Direction

1. **Soak fruit.** Put almond milk, freeze-dried peaches and oats in the blender. Let it sit while you grab the rest.
2. **Add the rest.** Drop in Greek yogurt, protein powder, cinnamon, and any extras.
3. **Blend.** Run the blender on high for 30 seconds. For a frostier sip, add ice and pulse 10 seconds more.
4. **Taste.** Need more zing? Vanilla extract. Need it creamier? Add vanilla pudding powder
5. **Serve now.** Pour, garnish, drink, and rinse the blender.

Blend, sprinkle a pinch more cinnamon on top, and enjoy your Peach Cobbler THM E Smoothie—comfort food, simplified.



### Prep Notes / Variations

- **Freeze-dried peaches** blend smoother than frozen slices—rehydrate 1 : 1/2 with water for velvety texture.
- **Crave extra bakery notes?** Add 1/4 tsp butter-vanilla extract—all flavor, no fat.
- **For thicker spoon-able “cobbler cream,”** blend in 1 Tbsp sugar-free vanilla pudding mix; it only adds ~2 g carbs.
- **Out of almond milk?** Unsweetened cashew milk swaps in at identical macros and adds a mellow nutty finish.

