

SALTED CARAMEL KICK SMOOTHIE

THM S | Rich | Smooth | Awakening

MACROS (per serving)

Protein 28g • Fat 12g • Net Carbs 4g



Prep
5 Mins



Cook Time
0 Mins



Serves
1



Healthy
Carbs



Ingredients

Cold Brewed Coffee	¾ cup
Almond Milk	¼ cup
Heavy Cream	2 Tbsp
Vanilla Protein Powder	½ scoop
Collagen	1 scoop
Caramel Extract	½ tsp
Vanilla Extract	½ tsp
Pinch of Salt	pinch
Sugar-free caramel syrup	1 Tbsp
Greek Yogurt Fat-free	¼ cup
Water/Ice	
Xanthan Gum	⅛ tsp

Direction

- Liquids first.** Add coffee, almond milk, heavy cream, extracts, salt and sweetner.
- Powders next.** Add in protein powder, collagen and xanthan (if using).
- Blend.** Add Greek yogurt and ice. Blender on high for 30 seconds.
- Taste.** Need more zing? Add ¼ tsp instant coffee or dark-chocolate shavings.
- Serve now.** Pour, garnish, drink, and rinse the blender.



Prep Notes / Variations

Coffee-Cube Chill

- Freeze leftover cold brew in an ice-cube tray and blend with the smoothie instead of regular ice. Result: a thicker, frappé-style drink that never waters down as it melts.

Dairy-Free Swap

- Replace heavy cream with 2 Tbsp canned coconut cream. Macros stay "S," mouthfeel stays silky, and the subtle coconut undertone plays well with caramel.

Salted Turtle Treat

- After blending, pulse in 1 tsp 85 % dark-chocolate shavings and top with a tiny pinch of smoked sea salt. You get crunchy "turtle" bits and an elevated sweet-and-savory finish—no macro changes needed. Enjoy!

