

STRAWBERRY LEMON LIFT SMOOTHIE

THM E | Zesty | Fruity | Cooling

MACROS (per serving)

Protein 20g • Fat 5g • Net Carbs 45g

 **Prep**
5 Mins

 **Cook Time**
0 Mins

 **Serves**
1

 **Healthy**
Carbs



Direction

- Soak fruit.** Put coconut water, freeze-dried strawberries in the blender. Let it sit while you grab the rest.
- Add the rest.** Drop in frozen banana, Greek yogurt, collagen, lemon juice and any extras.
- Taste.** Need more zing? Add sugar-free jello. Want it creamier? Add a 1 tbsp of quick oats or oat fiber.
- Blend.** Run the blender on high for 30 seconds. For a frostier sip, add ice and pulse 10 seconds more.
- Serve now.** Pour, garnish, drink, and rinse the blender.

Light, bright, and energizing—like a summer break in a glass.

Ingredients

- | | |
|--|----------|
| Coconut Water or Unsweetened Tea | 1 cup |
| Strawberries Frozen or Freeze-dried | 1 cup |
| Banana Frozen or Freeze-dried | ½ cup |
| Greek Yogurt 0% Fat | ½ each |
| Collagen unflavored | 2 scoops |
| Lemon Juice Fresh | 1-2 tsp |
| Sweetener To Taste | |
| Water/Ice | |
| <i>Optional</i> | |
| Strawberry Extract or | ½ tsp |
| Strawberry Jello Sugar-free Powder | 1-2 tsp |
| Oat Fiber | 1 Tbsp |

Prep Notes / Variations

- **Freeze-dried strawberries** blend smoother than ice-cold cubes—rehydrate 1:1/2 with water for a velvet finish.
- **Want a frosty lemonade “slush”?** Replace half the coconut water with crushed ice and blend 10 seconds longer.
- **Brightness boost:** stir in ⅛ tsp citric acid for extra pucker without extra carbs.
- **On workout days,** sprinkle 1 Tbsp chia seeds before serving—they gel into tiny “lemon seeds,” adding fiber but no fat.

