

High-Protein Blueberry Smoothie (3/4 Owala Tumbler Size)

With Greenhouse Juice Protein, Vanilla & Lemon

Ingredients

- Frozen blueberries: 1 1/4 cups (190g) - Boosted for flavour & thick texture
- Dates (Medjool, pitted): 1 large or 2 small - Natural sweetness & body
- Green cubes: 12 small cubes (~3040g) - Mild greens without overpowering taste
- Greenhouse Juice Protein Powder: 2 scoops (~60g) - Main protein source
- Collagen powder: 1 scoop (~10g) - Extra protein, neutral taste
- Chia meal: 1 tsp - Fiber, thickness
- Flax meal: 1 tsp - Omega-3s, texture
- Unsweetened almond milk: 3/4 to 1 cup (180240 mL) - Adjust for consistency
- Vanilla extract: 1/8 tsp - Enhances overall flavour
- Fresh lemon juice: 1 tsp - Brightens and sharpens blueberry taste

Instructions

1. Add almond milk to the blender first.
2. Add dates, protein powders, collagen, chia, and flax.
3. Add green cubes, then top with frozen blueberries.
4. Blend for 3060 seconds until smooth.
5. Check texture: add milk in 1 tbsp increments if too thick, or extra frozen fruit/flax if too thin.
6. Serve immediately. Should fill approximately 3/4 of an Owala 24 oz tumbler (~18 oz).

Notes

- Optional: Add a pinch of sea salt to enhance sweetness.
- Estimated macros (based on Greenhouse Juice protein): ~500550 kcal, ~65g protein, ~3040g carbs, ~1012g fat.