

Frozen Fruit Protein Smoothie

This Protein Frozen Fruit Smoothie is one of those wonderfully low-effort, high-reward recipes for the days when you want something healthy, filling, cold, creamy, and fast. Basically, it is the smoothie version of “please feed me, but do not make this complicated.”

It is great when you want a meal in a glass, especially when you are in a rush, coming back from a workout, or just need something that feels refreshing but still has enough substance to keep you from wandering into the pantry fifteen minutes later looking for “just a little something.”

The texture is creamy and thick without being too heavy, and the frozen fruit gives it that fresh, bright flavor that makes it feel like more than a protein drink. No powdery weirdness. No sad chalky smoothie situation. Just an easy, delicious blend that comes together in minutes.

Choose organic ingredients whenever possible.

Watch the full demo on my YouTube channel.

Ingredients

2 cups Oat Malk, or milk of your choice
1 packet Clovis Farms Organic Super Smoothie Fruit Mix
1 heaping scoop cottage cheese, about 3 tablespoons
1 1/2 frozen bananas
1 tablespoon date paste
Ice, as needed

Instructions

Add the ingredients to the blender in the order listed: milk, smoothie mix, cottage cheese, frozen banana, date paste, and ice.

Blend for approximately 2 minutes, or until smooth and creamy.

If you want the smoothie thinner, add a little more milk and blend again.

If you want it thicker, add more ice and blend until it reaches your preferred texture.

Pour into a fancy glass and enjoy right away.

Notes

I get the Clovis Farms Organic Super Smoothie Fruit Mix at Costco, which makes this recipe incredibly easy because the fruit and greens are already prepped and frozen. That is exactly the

kind of convenience I can get behind: real food, already handled, no suspicious little packet of mystery dust pretending to be wellness.

The cottage cheese adds protein and creaminess without taking over the flavor, and the date paste and banana add just enough natural sweetness to round everything out.

Cheers.