

Basic Smoothie

adapted from dashingdish.com

½ cup 1% or fat free cottage cheese*

1 scoop protein powder (or sub extra ½ cup cottage cheese)

5-10 ice cubes*

½ cup water, more or less to taste*

your favorite sweetener **to taste**

flavor ingredients **see 71 variations below (pages 2-15)**

Blend all together in Blender. Enjoy! (check out my ice cream and other recipe links below)

***SEE NOTES: (more notes continued on page 15)**

*can substitute **4-7 tsp beef gelatin powder** for protein powder (Collagen Hydrolysate)

***can substitute Yogurt for cottage cheese**, but use 1 full cup

***can substitute Greek yogurt for cottage cheese**

***can substitute Kefir for all of cottage cheese (use 1 cup total kefir)**, but this will make it thinner, so omit the water

***for S smoothies, can use regular or Full fat Cottage cheese etc, optional**

***don't have cottage Cheese, greek yogurt or kefir? But want to make a smoothie using Almond milk,? Here's the recipe...**

***Almond Milk Smoothie Base**

-1 cup Almond Milk (or half almond milk half water)

-1 scoop Whey Protein powder

-5-10 ice cubes*

-your favorite Sweetener to taste

-½ tsp xanthan gum or glucomannan, optional*

-Flavor Ingredients see 71 variations below

Blend all together in the blender and enjoy! Mmmm!

To make any Smoothie Recipe below a Cheesecake Version

add 2-3 oz ⅓ fat cream cheese

Mint Chocolate Chip (S)

½ cup spinach for color, optional

1-2 drops peppermint essential oil

2 T. or more sugar free chocolate chips or 2 oz or so Skinny Chocolate (S)

Optional: Fat free reddy-whip on top and chocolate shavings for pretty!

Chocolate Mint (FP)

adapted/idea from dashingdish.com

2 T. cocoa

2-3 drops peppermint essential oil

Chocolate Avocado (S)

adapted and/or idea from happinessishomemade.net

½ avocado

2 T. cocoa

French Vanilla (S) or (FP)

adapted from Rebecca Hansen's original recipe

2 T. vanilla extract

1 T. cream or half and half, optional (S)

Sour Cream Apple Pie (E)

adapted/main ingredients are from Dirinda Westfall Lacen

1 Gala apple, cored but not peeled

½ tsp apple pie spice

½ tsp vanilla

Use Greek Yogurt instead of Cottage Cheese

Salted Caramel Mocha (S)

adapted from Sparkpeople.com etc

1 T. cocoa

½ tsp caramel extract

½ tsp vanilla

½ cup coffee in place of water in smoothie (can make coffee ice cubes ahead)

⅛ tsp himalayan sea salt or to taste

1-2 T. cream

Optional: squirt Fat-free Reddi-Whip on top

small sprinkle of peanuts

Salted Caramel Banana (E)

adapted from welaughwecrywecook.com etc

½ banana

½ tsp caramel extract

½ tsp vanilla

⅛ tsp himalayan sea salt or to taste

Optional: squirt Fat-free Reddi-Whip on top

Salted Caramel Chocolate (S)

adapted from sambozen.com etc

1 ½ T. cocoa

½ tsp caramel extract

½ tsp vanilla

⅛ tsp himalayan sea salt or to taste

Optional: squirt Fat-free Reddi-Whip on top
small sprinkle of peanuts(S)

Pecan Pie (S)

adapted from thegreenforks.com etc

3-4 T. pecans

½ tsp butter extract

½ tsp caramel extract

⅛ tsp of himalayan salt or to taste

1 T. chia seed, optional

1 T. cream/half and half for extra creamy, optional

Oatmeal Cookie (E)

adapted and/or idea from dashingdish.com

4-5 T. old fashioned oats

1 T. sugar free choc chips

2 T. vanilla

Strawberry Orange (E)

adapted/idea from food.com

½ cup strawberries

½ tsp orange extract

½-1 orange, peeled

Blueberry Oatmeal (E)

½-¾ cup blueberries

4 T. old fashioned oatmeal

Blueberry Muffin (E)

½-⅔ cup blueberries

½ tsp butter extract

¼ tsp vanilla

Green Pineapple (FP)

adapted from wholisticating.com

1 tsp pineapple flavor/extract

1 cup spinach or other greens

2 tsp lemon juice

Reese 1 (S)

2 homemade THM Reese Cups <http://www.pinterest.com/pin/32299322301230725/>
chopped roughly, stir in by hand or use blender

1 T. cocoa

1 T natural peanut butter or 2-3 T. peanut flour

½ tsp vanilla

Reese II (S) or (E)

(S): 1 ½ T. cocoa

2 T. peanut butter

½ tsp vanilla

(E): 2-3 T. peanut flour

1 ½ T. cocoa

½ tsp vanilla

Peanut butter Maple (E) or (S)

⅛ tsp maple extract

¼ tsp butterscotch extract

For (E) 2-3 T. defatted peanut flour

For (S) 1-2 T. natural peanut butter

Peanut butter and Green Apple (E)

½- 1 medium granny smith apple chopped (can freeze ahead optional)

4 T. peanut flour

Coconut Cream (S)

1/2 T. coconut oil

1 tsp coconut extract

1 T. cream or half & half

Optional: can substitute coconut milk for water in recipe

Chocolate Covered Cherry (E)

adapted and/or idea from dashingdish.com

1/3 cup cherries

1-2 T. cocoa

Optional: - 1/2 tsp cherry extract

-fat free reddy whip

- drizzle of THM chocolate syrup**recipe link below

- can garnish with a cherry on top,

Chocolate Covered Strawberry (FP)

1/2-1 cup strawberries or more

1-2 T. cocoa

Optional: -fat free reddy whip

-drizzle of THM chocolate syrup**recipe link below

-can garnish with a strawberry on top, optional

Pina Colada (FP or (S))

adapted and/or idea from dashingdish.com

1 tsp- 1 T. coconut extract or to taste

1 tsp pineapple extract

2 T. unsweetened coconut

OPTIONAL: for (S) can add 1 T. coconut oil

Raspberry Lemon (FP)

1/2-1 cup raspberries

1 tsp lemon juice

2-3 drops lemon essential oil

Peanut Butter (E) (S)

adapted and/or idea from dashingdish.com

(E): 2-3 T. defatted peanut flour

1/2 banana, optional

1/2 tsp vanilla

(S): 1-2 T. natural peanut butter

1/2 tsp vanilla

Lemon Cream Pie (FP or (S))

adapted and/or idea from dashingdish.com

2 tsp Lemon juice

2 drops lemon essential oil OR ¼ tsp lemon extract

¼ tsp vanilla

To make (S) add 1 ½ T. half and half or cream

Raspberry Cheesecake (FP)

idea from dashingdish.com

½ -1 cup raspberries

2 oz ⅓ fat cream cheese

Strawberry (FP)

1 cup strawberries

Strawberry Cheesecake (FP)

adapted and/or idea from dashingdish.com

1 cup strawberries

2 oz ⅓ fat cream cheese

½ tsp lemon juice optional

Strawberry Lime (FP)

½ cup- 1 cup strawberries

1-2 T. lime juice

2 drops lime essential oil, optional

Banana Cream Pie (E)

adapted and/or idea from dashingdish.com

½ banana

¼ tsp banana extract

Peach Cobbler (E)

adapted and/or idea from dashingdish.com

½ -1 peach

½ tsp vanilla

can add 2-4 T. Old fashioned Oatmeal, optional

Strawberry Lemonade (FP)

½- 1 cup strawberries
2 T. lemon juice
1 drops lemon essential oil

Coconut Strawberry

½ tsp coconut extract
½-1 cup strawberries
for (S) add 1 T. coconut oil

Fudge Cheesecake (S)

2 oz ⅓ fat cream cheese
2 oz THM fudge (recipe page 371 in THM book)
1 T. vanilla

Green Mint (FP)

adapted/idea from darciesdishes
½ cup spinach to color
1-2 drop peppermint essential oil

Chocolate Mocha (FP)

⅔ cup coffee (substitute this for water in recipe or use coffee ice cubes)
2 T. cocoa

Cinnamon Roll (FP)

1 tsp butter extract
1 ½ tsp cinnamon
½ tsp vanilla

Almond Joy (S)

adapted/idea from dashingdish.com
1-2 T. cocoa and/or skinny chocolate to taste
¼ tsp almond extract
1 T. coconut oil

Carrot Cake

adapted/idea from dashingdish.com

½ cup carrots shredded

⅛ tsp nutmeg

¼ tsp cinnamon

¼ tsp pineapple extract

1 tsp vanilla

Banana bread (E)

adapted/idea from dashingdish.com

2-3 T. oats

⅓- ½ banana

½ tsp vanilla

⅛ tsp nutmeg

⅛ tsp cinnamon

Maple variation:

also add: ¼ tsp maple flavoring optional

Gingerbread Cookie (FP)

adapted and/or idea from dashingdish.com

¼ tsp ginger

½ tsp cinnamon

½ tsp butter extract

½ tsp vanilla

Vanilla Sugar Cookie (FP) or (S)

½-1 tsp butter extract

2 T. vanilla extract

(S) version: add 1-2 T. cream/half and half

Snickers (E) or (S)

adapted and/or idea from dashingdish.com

½ tsp caramel extract

1-2 T. cocoa

½ tsp vanilla

For (S) add 1-2 T. peanut butter

For (E) add 3-4 T. defatted peanut flour

OPTIONAL on top:

fat free reddy whip

THM chocolate syrup**recipe link below

for (S) add sprinkle of peanuts

Blueberry (E)

½-⅔ cup blueberries

Blueberry Cheesecake (E)

idea from dashingdish.com

½-⅔ cup blueberries

2 oz ⅓ fat cream cheese

Lemon Blackberry Cooler(FP)

2 tsp lemon juice

½-1 cup blackberries

2 drops lemon essential oil or ¼ tsp lemon extract

Lemon Blackberry Cheesecake (FP)

2 tsp lemon juice

½- 1 cup blackberries

2 drops lemon essential oil

2 oz ⅓ fat cream cheese

Peanut butter Cheesecake (E) or (S)

(FP or E): 3-4 T. defatted peanut flour

2 oz fat free cream cheese

½ tsp vanilla

(S) 1-2 T. peanut butter

2 oz ⅓ fat cream cheese

½ tsp vanilla

Red Velvet Cheesecake (FP)

adapted/idea from dashingdish.com

½ tsp butter extract

1 ½ T. cocoa

2 oz ⅓ fat cream cheese

optional to give red color 2 tsp Beet powder

Caramel Apple (E)

adapted and/or idea from dashingdish.com

½ tsp caramel extract

½ cup applesauce OR chopped apple

½ tsp pumpkin pie spice

⅛- ¼ tsp cinnamon

½ tsp vanilla

Apple Pie (E)

½ cup unsweetened applesauce or 1 chopped granny smith apple

1 ½ tsp apple pie spice or cinnamon

1 ½ tsp vanilla

Key Lime (FP)

adapted/idea from dashingdish.com

½ cup spinach optional to give green color

2 tsp . lime juice

1 drops lime essential oil optional

Orange Cream Cooler (E)

adapted and/or idea from dashingdish.com

½ tsp orange extract

2 drops orange essential oil

To make an (E) can add ½-1 peeled Orange OPTIONAL

To make an (S) leave out Orange and use 1 tsp orange extract and 1-2 T. cream/half n half

Banana Split (E)

adapted and/or idea from dashingdish.com

½ banana

½ tsp pineapple extract

½ cup strawberries

1 T. cocoa

¼ tsp vanilla

spray with Fat free reddy-whip and 1 T. peanuts on top YUMMMM!

drizzle with THM chocolate syrup**recipe link below

Malted Milk

2 T. cocoa

2 T. malt powder

Pumpkin Pie (E)

adapted and/or idea from dashingdish.com

½- ¾ cup pumpkin or sweet potato

½ tsp pumpkin pie spice OR substitute ⅛ tsp nutmeg

½ tsp cinnamon

½ tsp vanilla

Pumpkin Cheesecake (E)

½- ¾ cup pumpkin or sweet potato

½ tsp pumpkin pie spice OR substitute ⅛ tsp nutmeg

½ tsp cinnamon

2 oz ⅓ fat cream cheese

Egg Nog (S) or (FP)

adapted/idea from dashingdish.com

1 tsp rum extract

½ tsp pumpkin pie spice

¼ tsp vanilla

To make (S) 1-2 T. cream or half and half, optional

Cheesecake Batter (S)

¼ tsp almond extract

¼ tsp vanilla

3 oz ⅓ fat cream cheese

Optional (S) to give extra creamy 1-2 T. Cream or half and half

Chocolate Brownie Batter Cheesecake (FP)

¼ tsp almond extract
¼ tsp vanilla
3 oz ⅓ fat cream cheese
2 T. cocoa

Peanut butter Banana (E)

½ banana
2-3 T. peanut flour
¼ tsp vanilla

Chocolate Cake batter (FP)

adapted and/or idea from dashingdish.com
2 T. cocoa
¼ tsp almond extract
¼ tsp butter extract

Strawberry Banana (E)

adapted/idea from dashingdish.com
½-1 cup strawberries
⅓ banana

Peanut Butter and Jelly (S) or (E)

adapted/idea from dashingdish.com
(S): 1-2 T. peanut butter
2 T. or more of Chia Seed Jam/jelly**recipe link below
(E): 3-4 T. defatted peanut flour
4 T. Chia Seed Jam/jelly**recipe link below

Frappuccino (S)

½ cup or more coffee instead of water in recipe or make coffee ice cubes ahead
1-2 T. half and half or cream
2 tsp vanilla
Fat free reddy whip on top optional
THM chocolate syrup on top**recipe link below , optional

Candy Cane (FP)

adapted/idea from dashingdish.com

mix with cottage cheese base:

2 drops peppermint essential oil or to taste

pour into cup and add 1 tsp beet powder to top

Swirl with straw to make a pretty candy cane effect

Cookies and Cream (S)

adapted and/or idea from dashingdish.com

3-4 THM oreos <http://www.pinterest.com/pin/301670875012663521/> use chocolate part to make cookies and bake then crumble into smoothie and stir or use blender

1-2 T. cream or half and half

2 oz $\frac{1}{3}$ fat cream cheese

2 tsp vanilla

Triple Berry (FP)

1 cup mixed berries (strawberries, raspberries, blueberries etc)

$\frac{1}{2}$ tsp vanilla

$\frac{1}{4}$ tsp lemon extract or $\frac{1}{2}$ -1 tsp lemon juice

Triple Berry Lemon Cheesecake (FP)

$\frac{1}{2}$ -1 cup mixed berries

$\frac{1}{2}$ tsp vanilla

2 tsp lemon juice or $\frac{1}{4}$ tsp lemon extract

1-2 drops lemon essential oil

2 oz $\frac{1}{3}$ fat cream cheese

Raspberry Mocha (FP)

substitute for water in smoothie: $\frac{1}{2}$ cold coffee or make coffee ice cubes ahead

1 $\frac{1}{2}$ T. cocoa

$\frac{1}{2}$ - 1 cup Raspberries

pinch sea salt

Sparkling Fruit Variation

Substitute $\frac{1}{2}$ - $\frac{3}{4}$ cup sparkling/seltzer water or club soda for water in recipe. Can use this variation in the following recipes (see above): Strawberry Lemonade, Strawberry Lime, Raspberry Lemon, Strawberry, Raspberry, Key Lime Pie, Lemon Cream Pie, Strawberry/Banana and Triple Berry (OR any recipe that contains mainly fruit etc)

Strawberry Shortcake (E)

½ - 1 cup strawberries
1 tsp cinnamon
1 tsp butter extract
¼ cup oatmeal, optional

French toast (FP) or (E)

adapted and/or idea from dashingdish.com

1 tsp maple extract
½ tsp cinnamon
½ tsp vanilla extract
dash nutmeg
dash pumpkin pie spice

(E) Fruit French Toast version: add desired fruit to above ingredients

Cookie Dough Blizzard (S)

stir inside:

½ cup cookie dough crumbles/balls (recipe below page 15)
1 tsp vanilla

on top, optional:

squirt with fat free reddeni-whip, optional
drizzle with THM chocolate syrup (recipe below)
2 T. more of cookie dough crumbles/balls

THM Cookie dough:

adapted recipe from brittneyangell.com

⅓ cup almond flour (can do part Peanut Flour or Protein Powder)
1 T. vanilla
½ T. butter
pinch salt
1 T. your favorite sweetener
1-2 tsp water
2 T. sugar free chocolate chips

Mix with a spoon, adjust if needed, add more water or almond flour until consistency is right. Form into balls or crumble and refrigerate or freeze a bit.

MORE SMOOTHIE NOTES***

*tip can make these by putting cottage cheese and wet ingredients in blender cup the night before, in morning add ice,water,etc

*water and ice amounts depend on how thick or thin you like your smoothie. I like it better with 5 ice cubes and about ¼ cup water or so... play around with it till you get the texture you like

*cottage cheese gives it that creamy texture and adds lots of protein.

½ tsp xanthan gum or gluccie is totally **optional**. I prefer without!

*can make yummy popsicles with this recipe

*use your imagination for flavors...the sky's the limit! Possibilities are virtually endless

*thanks to Dashingdish.com and various other places on web for the base and ideas of many of the recipes and I modified alot of them to make more THM friendly etc...

To make a smoothie into a (S) or an (E):

*for **(S)** smoothies **add fat** : **coconut oil, cream, or peanut butter** or even add ½ **avocado** for a nutritious treat

*for **(E)** smoothies **add carbs** : **fruit, oatmeal (can add up to 1 tsp fat if desired)**

*for **(FP)** smoothies use **up to 1 cup of berries (strawberries, raspberries, blackberries)** or plain like just use **extracts, flavors, low fat cream cheese, cocoa etc**

* T.= Tablespoon tsp= teaspoon