Prep Time: 5 minutes
Cook Time: 0 minutes
Total Time: 5 minutes
Intensity Level: No-Cook / Beginner (blender only)
Equipment: High-speed blender, measuring cups, measuring spoons, knife, cutting board

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Why You'll Love This Recipe

This smoothie is thick, creamy, and naturally sweet, with a bright berry tang balanced by ripe banana. It delivers a serious protein punch—around 30 grams per serving—without protein powder if you use Greek yogurt and cottage cheese, or up to 40 grams with a scoop of whey or plant protein. It's a perfect post-workout refuel, a grab-and-go breakfast, or a filling afternoon snack. Everything comes together in one blender jar in under five minutes, and it's endlessly customizable.

Ingredients

Base

- 1 large ripe banana (fresh or frozen, about 120 g)
- 1 cup (140 g) frozen mixed berries (blueberries, raspberries, strawberries)
- ¾ cup (180 ml) unsweetened almond milk (or milk of choice)
- ½ cup (120 g) plain nonfat Greek yogurt
- ¼ cup (60 g) low-fat cottage cheese (optional, for extra protein and creaminess)
- 1 scoop (30 g) vanilla or unflavored protein powder (whey, casein, or plant-based) — *see substitution note*
- 1 tbsp (10 g) ground flaxseed or chia seeds
- ½ tsp vanilla extract
- ½ tsp ground cinnamon
- 1–2 tsp honey or maple syrup (optional, to taste)

- 4–5 ice cubes (omit if using frozen banana and berries)

Optional Boosters

- 1 tbsp almond butter or peanut butter (adds ~3 g protein and healthy fats)
- 1 handful fresh spinach (barely detectable taste, adds iron and fiber)
- 1 tbsp rolled oats (adds thickness and slow-release carbs)

Timing & Intensity Breakdown

Step	Time	Intensity	What's Happening
1. Prep ingredients	2 min	Low	Measure, peel, and chop
2. Load blender	1 min	Low	Add liquids first, then solids
3. Blend	45–60 sec	Medium (blender noise)	High speed until smooth
4. Taste & adjust	30 sec	Low	Sweetness/thickness check
5. Pour & serve	30 sec	Low	Divide evenly, garnish

Total active time: ~5 minutes
Blender intensity: Start on low (speed 1–2) for 10 seconds to break up solids, then blend on high (speed 8–10) for 45–60 seconds until completely smooth and vortex forms.

Instructions

1. Prep (2 minutes). Peel the banana and break it into 3–4 chunks. If your banana is fresh (not frozen), slice it to help the blender. Measure out the berries, yogurt, cottage cheese, and milk.

2. Load the blender in the right order (1 minute). Pour the almond milk into the blender first. Add the Greek yogurt, cottage cheese, protein powder, flaxseed, vanilla, and cinnamon. Then add the banana, frozen berries, and ice on top. *Liquids first prevents the blades from jamming and helps everything circulate.*

3. Blend on low, then high (45–60 seconds). Secure the lid. Pulse 3–4 times on low to break up the frozen fruit, then blend on high for 45–60 seconds until the mixture is completely smooth with no berry chunks. If it's too thick, add milk 1 tablespoon at a time; if too thin, add 2–3 more ice cubes or a few extra berries.

4. Taste and adjust (30 seconds). Taste. If it needs sweetness, add honey or maple syrup 1 teaspoon at a time and pulse 5 seconds. If it needs more protein richness, add 1 tablespoon more yogurt. Add a pinch of salt if flavors taste flat.

5. Serve immediately (30 seconds). Pour into two glasses. Garnish with a few fresh berries, a banana slice, or a sprinkle of chia seeds. Serve with a straw or spoon—this one is thick enough to eat with a spoon.

Last Step (Make-Ahead & Storage)

Freeze-ahead option: Portion the banana, berries, and spinach (if using) into freezer bags ahead of time. Label with the date and use within 3 months. When ready, dump the bag into the blender with the wet ingredients—no measuring needed.

Refrigerator storage: Best consumed fresh, but you can store leftovers in a sealed mason jar in the refrigerator for up to 24 hours. Shake well before drinking; separation is normal.

Freezer storage: Pour into ice cube trays or freezer-safe jars (leave ½ inch headspace) and freeze up to 1 month. Thaw overnight in the fridge and re-blend with a splash of milk to restore texture.

Meal-prep tip: Make a double batch, freeze half in single-serve jars, and grab one the night before you need it.

Nutrition (per serving, 2 servings per recipe)

Calculated with unsweetened almond milk, nonfat Greek yogurt, cottage cheese, whey protein powder, flaxseed, and no added honey. Values are estimates and vary by brand.

Nutrient	Amount per Serving
Calories	~320 kcal
Total Fat	6 g
— Saturated Fat	1 g
Cholesterol	15 mg
Sodium	210 mg
Total Carbohydrates	36 g
— Dietary Fiber	7 g
— Total Sugars	22 g (mostly natural from fruit)
Protein	32 g

Nutrient	Amount per Serving
Vitamin C	45% DV
Calcium	30% DV
Iron	10% DV
Potassium	650 mg