

Salted caramel smoothie recipe

Search:

- [Drink](#)
- [Recipes](#)

Salted caramel smoothie recipe

```
(function(d, s, id) { var js, fjs = d.getElementsByTagName(s)[0]; if (d.getElementById(id)) return; js = d.createElement(s); js.id = id; js.src = "//connect.facebook.net/en_US/all.js#xfbml=1"; fjs.parentNode.insertBefore(js, fjs); }(document, 'script', 'facebook-jssdk'));  
Tweet !function(d,s,id){var js,fjs=d.getElementsByTagName(s)[0];if(!d.getElementById(id)){js=d.createElement(s);js.id=id;js.src="https://platform.twitter.com/widgets.js";fjs.parentNode.insertBefore(js,fjs);}}(document,"script","twitter-wjs");
```



```
(function() { var po = document.createElement('script'); po.type = 'text/javascript'; po.async = true; po.src = 'https://apis.google.com/js/plusone.js'; var s = document.getElementsByTagName('script')[0]; s.parentNode.insertBefore(po, s); })();  
Add to favorites
```

Salted caramel smoothie recipe



Rate this recipe

1 person is cooking this [Count me in](#)

A quick and easy smoothie recipe made with almond milk, cottage cheese and maca powder.

Cottage cheese – a good source of calcium, which can help alleviate stress and anxiety.

Ingredients (serves 2)

Salted caramel smoothie recipe

- 1 tsp [maca](#) powder (optional)

- ½ tsp pure [vanilla](#) essence

- Pinch sea salt flakes

Salted caramel smoothie recipe

- Handful of ice cubes

Method

In a high-speed blender, add all ingredients and blend for 60-to-90 seconds until smooth. Serve in a Mason jar.

Recipe and images by [Sally O'Neil](#)

```
function displayNutrition(msg) { $('.nutrition-label-container').text(msg); $('.nutrition-label-container').fadeOut(1000, function() { c_obj = $(this); window.setTimeout(function() { $(c_obj).fadeOut(1000); }, 5000); }); } function saveFavoriteNode(nid) { $.get('/favorite_nodes/add/' + nid, function(data) { //$('.result').html(data); alert('This recipe was added to your favorites list'); }); }
```