Table of Contents

- Description
- Can This Purple Cabbage & Blueberry Refresher Support Weight Loss Goals?
- Does Purple Cabbage & Blueberry Refresher Fit a High-Protein Lifestyle?
- My Personal Experience
- Perfect For:
- Why You’ll Love This Recipe:
- Common Mistakes to Avoid:
- Required Equipment:
- Storage Instructions:
- Recipe Details
    - Ingredients:
    - Directions:
    - Nutrition Facts (Per Serving – Approximate):
- Notes:

Description

Quench your thirst and nourish your body with a vibrant purple cabbage and blueberry refresher that delivers a uniquely crisp, fruity sip. Sweet blueberries balance the earthy undertones of fresh purple cabbage, creating a smooth, velvety beverage loaded with natural antioxidants. Naturally crafted to be low-carb and protein-friendly, this refreshing drink makes a revitalizing addition to your wellness routine.

Can This Purple Cabbage & Blueberry Refresher Support Weight Loss Goals?

This purple cabbage and blueberry refresher can support weight loss goals by providing a nutrient-dense, low-calorie beverage option that satisfies cravings. Packed with fiber from blueberries and purple cabbage, it promotes a feeling of fullness and aids in digestive health without heavy added sugars. Incorporating a clean protein boost helps stabilize energy levels and curb appetite throughout the day.

Does Purple Cabbage & Blueberry Refresher Fit a High-Protein Lifestyle?

This refreshing drink easily fits a high-protein lifestyle when blended with your favorite clean protein source, such as unflavored protein powder or Greek yogurt. It keeps net carbs low by relying on low-glycemic berries and fiber-rich cruciferous vegetables. The combination of plant-based phytonutrients and dietary protein supports muscle maintenance while keeping your daily macro goals on track.

My Personal Experience

- Surprising Flavor Balance: Blending earthy purple cabbage with sweet blueberries created a surprisingly crisp, tart flavor profile that tasted bright and refreshing.
- Vibrant Visual Appeal: The natural anthocyanins produced a striking, jewel-toned purple hue that made this healthy drink look as incredible as it tasted.

Perfect For:

- Post-workout high-protein recovery drinks
- Low-carb and keto diet meal plans
- Refreshing high-protein snacks on warm afternoons
- Clean-eating breakfast or smoothie bowl bases

Why You’ll Love This Recipe:

- Nutrient-Dense Antioxidants: Combines purple cabbage and blueberries to deliver a powerful dose of daily vitamins and protective plant compounds.
- Quick and Easy Assembly: Blends together in under five minutes using simple, wholesome ingredients and minimal equipment.

Common Mistakes to Avoid:

- Using Too Much Cabbage: Over-measuring the purple cabbage can overpower the sweet blueberry flavor, so maintain a balanced ratio.
- Skipping the Strainer: Failing to blend thoroughly or strain if desired can leave fibrous vegetable bits that disrupt the smooth texture.
- Adding Hidden Sugars: Relying on sweetened syrups or juices will spike the carbohydrate count and defeat the low-carb goal.

Required Equipment:

- High-Speed Blender: Pulverizes tough purple cabbage leaves and frozen blueberries into a completely smooth, velvety texture.
- Measuring Cups & Spoons: Ensures precise portioning for accurate macro and calorie tracking.
- Fine-Mesh Strainer: Removes any residual fibrous pulp for an ultra-smooth drinking experience.

Storage Instructions:

Store leftover refresher in a sealed glass mason jar or airtight container in the refrigerator for up to 24 hours; shake well before drinking as natural separation may occur. Freezing is not recommended, as thawing alters the fresh texture and separates the blended components.

Recipe Details

- Preparation Time: 5 minutes
- Cooking Time: 0 minutes

- Total Time: 5 minutes
- Servings: 2 servings
- Best Season for This Recipe: All-season (exceptionally refreshing in Summer)
- Total Calories (Per Serving): Approximately 140 kcal

A vibrant, nutrient-packed refresher combining fresh purple cabbage, sweet blueberries, and a clean protein boost. Naturally low in carbohydrates and rich in antioxidants, it offers a crisp texture and bold flavor. Perfect for a quick post-workout drink, low-carb snack, or healthy breakfast accompaniment.

 Ingredients:

- Fresh Purple Cabbage (chopped): 1 cup (70g) *(Note: Finely chopped for smoother blending)*
- Frozen Blueberries: 1 cup (150g) *(Note: Frozen berries give the drink a thick, frosty texture)*
- Unsweetened Almond Milk (or water): 1.5 cups (360ml)
- Unflavored or Vanilla Protein Powder: 1 scoop (approx. 25g protein) *(Note: Boosts the high-protein content without overpowering the fruit)*
- Fresh Lemon Juice: 1 tablespoon
- Stevia or Monk Fruit (to taste): Optional sweetener

Directions:

1. Prep Ingredients: Measure out the chopped purple cabbage, frozen blueberries, almond milk, and protein powder.

2. Combine in Blender: Add the almond milk first to the high-speed blender, followed by the chopped purple cabbage, frozen blueberries, and protein powder.

3. Blend: Secure the lid and blend on high speed for 60 to 90 seconds until completely smooth, vibrant, and frothy.

4. Strain & Serve: For an ultra-smooth finish, pour the mixture through a fine-mesh strainer into glasses, serve immediately, and enjoy cold.

Nutrition Facts (Per Serving – Approximate):

- Calories: 140 kcal
- Fats: 2.5g
- Cholesterol: 15mg
- Sodium: 180mg
- Potassium: 320mg
- Total Carbohydrates: 16g
- Fiber: 4g
- Net Carbs: 12g
- Sugars: 9g
- Protein: 14g
- Calcium: 150mg

Notes:

- Storage & Reheating: Keep refrigerated in a tightly sealed container for up to 24 hours; serve chilled and shake before drinking.
- Allergy Info: Dairy-free if using a plant-based protein powder; contains nuts if prepared with almond milk (substitute with water or coconut water for nut allergies).
- Flavor Boost: Add a pinch of cinnamon or a few fresh mint leaves for an extra aromatic twist.