

# Leprechaun Protein Smoothie

Hands-on 5 minutes Overall 5 minutes

**Nutritional values (per serving):** Total carbs: 25.9 g, Fiber: 16.6 g, **Net carbs: 9.4 g**,

Protein: 27.2 g, Fat: 37.1 g, Calories: 493 kcal,

[Original recipe](#), [Keto Diet App](#) - The ultimate low-carb diet app



## Ingredients (per serving)

1/2 average avocado (100 g / 3.5 oz)

1/4 cup [coconut milk](#), organic (or full-fat cream)

1/4 cup fresh baby spinach

fresh mint *or* [mint extract](#) to taste

1/4 cup vanilla or plain whey protein *or* egg white protein powder  
([Jay Robb](#)) *or* [collagen powder](#) *or* plant-based [NuZest](#) (25 g / 0.9 oz)

2 tbsp [pistachio nuts](#) (unsalted) (20 g / 0.7 oz)

1 [vanilla bean](#) (or 1/2 - 1 tsp [vanilla extract](#))

3-6 drops liquid [Stevia](#) extract (I recommend [SweetLeaf](#) or [NuNaturals](#)) *or* other healthy [low-carb sweetener](#) from [this list](#)

1/2 water

ice cubes (if needed)

*Note: When looking for ingredients, try to get them in their most natural form (organic, without unnecessary additives).*

## Instructions

Wash the mint and spinach, halve and peel the avocado and blend until smooth with the rest of the ingredients.

Enjoy! :-)

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