

# Creamy Low-Carb Easter Smoothie

Hands-on 5 minutes Overall 5 minutes

**Nutritional values (per serving, 1 smoothie):** Total carbs: 19.9 g, Fiber: 9.2 g,

**Net carbs: 10.8 g,** Protein: 23.9 g, Fat: 23.3 g, Calories: 364 kcal,

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



## Ingredients (per serving)

1/4 medium avocado (50 g/ 1.8 oz)

1/4 cup [coconut milk](#) or heavy whipping cream

1 small wedge of Galia melon (or Honeydew, Cantaloupe) (50 g/ 1.8 oz)

1/4 cup kiwi berries or 1/2 regular kiwi (30 g / 1 oz)

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

1 tbsp [chia seeds](#)

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

1/2 cup water (120 ml/ 4 fl oz)

*Optional:* few ice cubes

## Instructions

1. If you have kiwi berries, you won't need to peel them. If you're using regular kiwi fruit, make sure to peel the skin and remove the hard stem first.
2. Halve and scoop out the avocado and place in a blender with peeled melon, kiwi berries and the rest of the ingredients.
3. Blend until smooth. Serve immediately.

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