

# Summer Blackcurrant Smoothie

Hands-on 5 minutes Overall 5 minutes

**Nutritional values (per serving):** Total carbs: 18.1 g, Fiber: 9.4 g, **Net carbs: 8.7 g**,

Protein: 5.1 g, Fat: 17.3 g, Calories: 228 kcal,

Original recipe, Keto Diet App - The ultimate low-carb diet app



## Ingredients (per serving)

1/2 cup blackcurrants, fresh or frozen (60 g / 2.1 oz)

1/4 cup strawberries, 2-3 strawberries, fresh or frozen (36 g / 1.3 oz)

1/4 cup coconut milk (I love Aroy-D coconut milk) or heavy whipping cream (60 ml / 2 fl oz)

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

2 tbsp chia seeds, whole or powdered (16 g / 0.6 oz)

1/2 vanilla bean or 1/2 tsp sugar-free vanilla extract (you can easily make your own)

*optional:* 5-7 drops liquid Stevia extract or other healthy low-carb sweetener from this list

*Note: You can use any berries: strawberries, raspberries, blackberries or blueberries - all are low in carbs! Feeling hungry? Add a scoop ( 1/4 cup) of vanilla or plain whey protein or egg white protein powder (Jay Robb) or plant-based such as NuZest. Protein is the most satiating nutrient and will keep hunger at bay!*

## Instructions

Place all the ingredients into a blender and pulse until smooth - let it sit for 2-5 minutes. That's it, enjoy! :-)

You can use real vanilla beans or sugar-free vanilla extract which is easy and cheaper to make at home.

If you don't have blackberries, use raspberries or blackberries. Here is a quick overview of the net carbs in 1/2 cup of berries:

strawberries: 4.1 g

raspberries: 3.3 g

blackberries: 3.1 g

blueberries: 8.9 g (wild blueberries have less carbs, ~ 7.3 g)

blackcurrants: 4 g

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