

Low-Carb Tropical Pink Smoothie

Hands-on 5 minutes Overall 5 minutes

Nutritional values (per serving): Total carbs: 17.6 g, Fiber: 5.5 g, **Net carbs: 12.1 g,**

Protein: 24.6 g, Fat: 28.6 g, Calories: 402 kcal,

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



Ingredients (per serving)

1/2 small dragon fruit (50g / 1.8 oz)

1 small wedge Galia melon (50g / 1.8 oz)

1/2 cup [coconut milk](#) (or full-fat cream)

1 scoop [whey protein powder](#) (vanilla or plain) or egg white powder
or hydrolysed powdered gelatin (25g / 0.9 oz)

1 tbsp [chia seeds](#)

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

1/2 cup water

ice cubes (if needed)

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

Instructions

Measure out all the ingredients, place in a blender and pulse until smooth. You can add the ice before or even after blending.

You can use pink or even white dragon fruit. Simply cut it in half and scoop the meat out.

Why is Dragon Fruit good for you...

[Dragon Fruit](#) comes from Central and South America and has been also grown in Asia. Its bright colours, beautiful texture and delicate sweet taste make this fruit perfect for preparing desserts or smoothies.

They are similar in flavour to melons or kiwi fruit. Dragon fruit is not only fun to eat, but it is also rich in nutrients - it's a good source of:

Vitamins: vitamin C (known as antioxidant protecting cells from free radical damage), B vitamins (skin health, carbohydrate metabolism and appetite control)

Minerals: calcium, iron, potassium and phosphorus

And how many carbs are there in one dragon fruit (100g / 3.5 oz)? One small dragon fruit has just 9g of net carbs, 1 g of fiber and only 60 calories! If eaten in moderation, it's on the list of fruits that are

recommended along with berries and melons.

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