Low-Carb Tropical Pink Smoothie

Hands-on 5 minutes Overall 5 minutes

Nutritional values (per serving, 1 smoothie): Total carbs: 17 g, Fiber: 4.9 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 (makes 1 smoothie)

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

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

1/2 cup coconut milk *or* heavy whipping cream (120 ml/ 4 fl oz)

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

1 tbsp chia seeds (8 g/ 0.3 oz)

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. Measure out all the ingredients, place in a blender and pulse until smooth. You can add the ice before or even after blending.
2. You can use pink or even white dragon fruit. Simply cut it in half and scoop the meat out.

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