

Healthy Blueberry Breakfast Smoothie

Hands-on 5 minutes Overall 5 minutes

Nutritional values (per serving): Total carbs: 15 g, Fiber: 9.8 g, **Net carbs: 5.2 g**,

Protein: 10.4 g, Fat: 19.8 g, Calories: 257 kcal,

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



Ingredients (makes 2 servings)

1 large avocado (200 g/ 7.1 oz)

1/2 cup frozen blueberries (75 g/ 2.7 oz)

4 tsp [flax seeds](#) (14 g/ 0.5 oz)

2 tbsp [collagen powder](#) (14 g/ 0.5 oz)

1 1/2 cups of [almond milk](#) (360 ml/ 12 fl oz)

Note: Instead of [collagen](#) you can use [whey protein powder](#), [egg white protein powder](#) or [plant-based pea protein powder](#). Make sure to always check the carb count and the list of ingredients

Instructions

1. Place all ingredients...
2. ... into a [high powder blender](#).
3. Blitz until very smooth.
4. Pour into glasses and drink immediately.
5. You could drink one portion and store the other in the refrigerator for the next day. Shake well before drinking.

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