

# Healthy Strawberry Basil Smoothie

Hands-on 5 minutes Overall 5 minutes



**Nutritional values (per serving):** Total carbs: 10.2 g, Fiber: 1.7 g, **Net carbs: 8.4 g,**

Protein: 7.5 g, Fat: 10.3 g, Calories: 159 kcal,

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



## Ingredients (makes 2 servings)

[Keto Diet App](#)

1 cup chilled strawberries (152 g/ 5.4 oz)

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3/4 cup 10% fat Greek yogurt or coconut yogurt, e.g. Coyo (188 g/ 6.6 oz)

10 fresh basil leaves

1/2 cup unsweetened almond milk or cashew milk (120 ml/ 4 fl oz)

2-4 ice cubes

## Optional extras:

2-4 tbsp grass-fed collagen powder, whey (or egg white) protein powder such as Jay Robb, or Plant-based protein powder such as Nuzest (will provide extra protein)

1-2 tbsp MCT oil or Brain Octane Oil (will provide extra energy boost and increase the ketogenic ratio)

low-carb sweetener from this list, to taste

pinch of acai powder or freeze-dried strawberry powder, for sprinkling

*Note: For a thicker shake you can use frozen strawberries and omit the ice or use a mix of frozen and fresh. You can convert this smoothie into a delicious frozen keto treat. To do that, use both frozen strawberries and ice cubes.*

## Instructions

- Blitz all the ingredients together in a high speed blender until smooth. Add any of the optional extras. It's that simple!
- Sprinkle with a touch of acai powder for an extra antioxidant boost.  
Best when served fresh, but can be stored in the fridge for 1 day.

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