

# Low-Carb Strawberry Basil Smoothie

Hands-on 5 minutes Overall 5 minutes

**Nutritional values (per serving):** Total carbs: 10 g, Fiber: 1.7 g, **Net carbs: 8.3 g,**

Protein: 7.4 g, Fat: 10.1 g, Calories: 156 kcal,

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



## Ingredients (makes 2 servings)

- 1 cup chilled strawberries (152 g/ 5.4 oz)
- 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

## Instructions

1. Blitz all the ingredients together in a [high speed blender](#) until smooth. Add any of the optional extras. It's that simple!
2. 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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