

# Low-Carb Strawberry & Rhubarb Smoothie

Hands-on 5 minutes Overall 5 minutes

**Nutritional values (per serving):** Total carbs: 10.4 g, Fiber: 3.1 g, **Net carbs: 7.3 g**,

Protein: 24.5 g, Fat: 26.1 g, Calories: 369 kcal,

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



## Ingredients (makes 1 serving)

4 tbsp Roasted Low-Carb Strawberry & Rhubarb Jam (80 g/ 2.7 oz)

1 cup unsweetened almond milk (240 ml/ 8 fl oz)

1/4 cup heavy whipping cream (60 ml/ 2 fl oz)

1/4 cup collagen powder *or* keto collagen (25 g/ 0.9 oz)

## Optional add-ons and substitutions:

2-5 drops liquid stevia if you like your smoothie sweet

1 tbsp MCT oil *or* MCT oil powder for an extra fat and energy boost

ice cubes to taste to make keto "frostino"

For vegetarian keto, swap the collagen powder for whey protein powder *or* egg white protein powder *or* plant-based protein powder.

Just make sure to use low-carb options (unsweetened or using low-carb sweeteners). I like this smoothie with Vanilla Perfect Keto Collagen

For nut-free, swap the almond milk for any seed milk or water.

For a dairy-free smoothie, you can substitute the heavy whipping cream with coconut cream or coconut yogurt

## Instructions

1. Place all of the ingredients in a blender and process until smooth.  
You can also use an immersion blender and a tight jar. You can optionally add a few ice cubes to make a smoothie "frostino".
2. Serve and enjoy!

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