

Not-Your-Average Low Carb Green Smoothie

Hands-on 5 minutes Overall 5 minutes

Nutritional values (per serving, about 1 cup/ 240 ml): Total carbs: 12.9 g, Fiber: 5.1 g,

Net carbs: 7.9 g, Protein: 5 g, Fat: 21.2 g, Calories: 237 kcal,

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



Ingredients (makes 2 servings)

2 florets broccoli, frozen (35 g/ 1.2 oz)
2 slices zucchini, frozen (40 g/ 1.4 oz)
1 large cube pumpkin, frozen (35 g/ 1.2 oz)
1/4 avocado (50 g/ 1.8 oz)
handful baby spinach leaves (15 g/ 0.5 oz)
1 cup water (240 ml/ 8 fl oz)
1/3 cup coconut cream (80 ml/ 2.7 fl oz)
2 tbsp cashews or almonds (14 g/ 0.5 oz)
1 tbsp raw cacao powder (5 g/ 0.2 oz)
1/2 - 1 tsp ground cinnamon, to taste
1 tbsp powdered Erythritol or Swerve (10 g/ 0.4 oz)
2–6 drops stevia, to taste

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)

Note: Freeze the veggies in advance. Once you have all the frozen veggies ready, the smoothie only takes 5 minutes to prepare! Low-carb sweeteners can be used to taste.

Instructions

1. Prepare the frozen veggies in advance. Cut pumpkin into 2 1/2 cm x 2 1/2 cm (1 inch x 1 inch) pieces and steam until tender (approx. 20 minutes). Remove from heat and allow to cool. Place on a lined tray and freeze overnight.
2. Cut the zucchini into 4 cm (1 1/2 inch) slices, and then halve. Cut the broccoli into florets. Spread over a tray, and freeze overnight.
3. To make the smoothie, place all ingredients into a high-powered

blender and process until smooth and creamy.

4. Note that this recipe will produce quite a thick smoothie – add more water or unsweetened almond milk to thin as desired.
5. Serve immediately and enjoy!

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