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# 15 KETO SMOOTHIE RECIPES

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## 1. Peanut Butter Coconut Smoothie

### Ingredients:

- ½ cup coconut milk, unsweetened, canned
- ¼ avocado, frozen
- ½ tbsp peanut butter
- ½ tbsp chia seeds, soaked
- 1 tsp cocoa powder, unsweetened
- ½ tbsp coconut oil
- ice/water if needed
- ½ tbsp coconut flakes for decoration

### Nutritional Information and Health Benefits:

Energy: 464.5 kcal, Protein: 6.8 g, Fat: 4.7 g, Net Carbs: 6.1 g

This smoothie is rich in omega-3 fatty acids, antioxidants, fiber, iron and calcium. It is also an excellent source of vitamin B2, B3, B5 and B6. The drink is a source of manganese, phosphorus, copper, selenium as well as magnesium.

## 2. Carrot Smoothie

### Ingredients:

- ¼ cup coconut milk, unsweetened, canned
- ½ a medium carrot
- ¼ cup coconut yogurt, unsweetened
- 1 tbsp sesame seed tahini
- ½ tsp stevia or another low-carb sweetener
- ¼ tsp cinnamon, ground
- 1/8 tsp nutmeg
- ice (optional)

### Nutritional Information and Health Benefits:

Energy: 241.5 kcal, Protein: 14.5 g, Fat: 21.9 g, Net Carbs: 6.8 g

This smoothie is rich in beta-carotene, easily convertible to vitamin A in the body. Furthermore, it is an excellent source of vitamin K, potassium, vitamin E and vitamin B6. This drink is rich in antioxidants, has

anti-inflammatory and antibacterial properties, strengthens the immune system, protects the liver and kidney function.

### 3. Protein Strawberry Smoothie

#### Ingredients:

- 1/2 cup coconut milk, unsweetened, canned
- 1/2 cup strawberries, frozen
- 1/2 scoop protein powder (of any choice, preferably strawberry flavor or vanilla, chocolate is also possible)
- 1 tbsp coconut oil
- 1/4 tsp stevia or another low-carb sweetener
- 1 tbsp lime juice

#### Nutritional Information and Health Benefits:

Energy: 426 kcal, Protein: 35.5 g, Fat: 36.8 g, Net Carbs: 10 g

This smoothie is rich protein, vitamin C, manganese, folate, potassium and antioxidants. It also has some amounts of iron, calcium and vitamin B6.

### 4. Fresh Cucumber Smoothie

#### Ingredients:

- 1 cucumber (around 200 g)
- 1/2 avocado
- a pinch of sea salt
- juice of 1/2 lemon
- 1/2 parsley sprig
- water as much as you want

#### Nutritional Information and Health Benefits:

Energy: 196 kcal, Protein: 3.6 g, Fat: 15.3 g, Net Carbs: 9.8 g

This smoothie is rich in dietary fiber, folate, iron, magnesium, potassium, vitamin C as well as vitamin B2, B3 and B5.

### 5. Detox Smoothie with Spirulina

#### Ingredients:

- 1/2 cucumber (around 100 g)
- 1/4 cup spinach
- 1 slice of celery head
- juice of 1/2 lemon

- one 5 mm slice ginger
- ½ avocado
- 1 tsp wheat grass
- 1 tsp spirulina

## Nutritional Information and Health Benefits:

Energy: 199.4 kcal, Protein: 6.1 g, Fat: 15.2 g, Net Carbs: 8.6 g

This smoothie is an excellent source of vitamin K, vitamin A, vitamin C, iron, magnesium, vitamin B2, B3, B5. It is also very rich in fiber and potassium.

## 6. Blueberry Chocolate Protein Smoothie

### Ingredients:

- 1 cup almond milk, unsweetened
- ¼ cup blueberries
- 1 tsp vanilla extract
- 1 tsp coconut oil
- ½ scoop protein powder, chocolate flavor

## Nutritional Information and Health Benefits:

Energy: 216 kcal, Protein: 25 g, Fat: 7.2 g, Net Carbs: 7 g

This smoothie is rich in protein, copper, beta-carotene, folate, choline, vitamins A and E, as well as manganese. It also prevents tooth decay, due to the properties of vanilla.

## 7. Green Tea Smoothie

### Ingredients:

- ½ cup green tea, chilled
- ½ cup spinach leaves
- ½ kiwi, peeled
- 1/8 avocado
- ¼ small banana
- ¼ tsp ginger, ground

## Nutritional Information and Health Benefits:

Energy: 86.5 kcal, Protein: 1.7 g, Fat: 4.1 g, Net Carbs: 10 g

This smoothie is a healthy source of fiber, potassium, vitamin B6, B5, B3 and B2, vitamin C, vitamin K, vitamin E, folate, as well as antioxidants, iron and magnesium. This healthy drink reduces muscle soreness and pain and has anti-inflammatory effects.

## 8. Berry Smoothie

### Ingredients:

- 1 cup berry mix, frozen
- ½ cup almond milk, unsweetened
- 1 tbsp chia seeds, soaked
- ½ cup ice cubes, crushed

### Nutritional Information and Health Benefits:

Energy: 151 kcal, Protein: 3.9 g, Fat: 4 g, Net Carbs: 9.9 g

This smoothie is rich in omega-3 fatty acids, antioxidants, fiber, iron and calcium. It is also a great source of manganese, phosphorus, copper, selenium and magnesium.

## 9. Raspberry Cheesecake Smoothie

### Ingredients:

- 2 tbsp cream cheese, softened
- ½ cup almond milk, unsweetened
- ¼ cup whipped cream
- ¾ cup raspberries, frozen
- 1 rich tea biscuit (Maria Cookie for example)
- ½ cup ice cubes, crushed

### Nutritional Information and Health Benefits:

Energy: 388.8 kcal, Protein: 5.4 g, Fat: 33.4 g, Net Carbs: 11.9 g

This smoothie is very rich in antioxidants, as well as vitamin C and vitamin K. It also has some vitamin E, manganese and vitamin B6.

## 10. Tomato Detox Smoothie

### Ingredients:

- 1 ½ cup spinach
- 1 tomato small
- 1 carrot
- ½ beet beetroot
- ½ stalk celery
- 1 sprig parsley
- water

### Nutritional Information and Health Benefits:

Energy: 67.5 kcal, Protein: 3.7 g, Fat: 0.5 g, Net Carbs: 9.6 g

This smoothie an excellent source of vitamin K, vitamin A, vitamin C, iron, magnesium, vitamin B2, potassium, fiber, folate and beta-carotene.

## 11. Vanilla Strawberry Smoothie

### Ingredients:

- 1 cup coconut milk, unsweetened, canned
- juice from ½ lemon
- ½ tsp vanilla extract
- 5 strawberries
- ice (optional)

### Nutritional Information and Health Benefits:

Energy: 426 kcal, Protein: 5 g, Fat: 48.3 g, Net Carbs: 10 g

This smoothie is very rich in antioxidants, vitamin C, manganese, folate and potassium. It helps prevention of tooth decay.

## 12. Blueberry Spinach Smoothie

### Ingredients:

- 1/3 cup blueberries
- ½ cup spinach
- ¼ small banana
- 1 cup almond milk, unsweetened

### Nutritional Information and Health Benefits:

Energy: 84 kcal, Protein: 2.2 g, Fat: 2.9 g, Net Carbs: 11 g

This low-calorie smoothie is a great source of fiber, potassium, vitamin B6, vitamin C, vitamin A, vitamin K, iron, magnesium, vitamin B2 and manganese. It is also rich in copper, beta-carotene and folate.

## 13. Fresh Kiwi and Lettuce Smoothie

### Ingredients:

- ¾ kiwi, peeled
- ¼ bulb fennel
- ¼ avocado
- 1/3 cup lettuce
- ½ cup water (and/or some ice)

### Nutritional Information and Health Benefits:

Energy: 131.5 kcal, Protein: 2.5 g, Fat: 7.9 g, Net Carbs: 9.7 g

This smoothie is a great source of fiber, vitamin C, vitamin K, vitamin E, vitamin A, folate, as well as antioxidants, magnesium, potassium, selenium, copper, zinc and vitamins B2, B3, B5 and B6.

## 14. Seed Smoothie with Greens

### Ingredients:

- ½ cup almond milk, unsweetened
- ½ cup kale
- 1 ½ cup spinach
- ¼ small banana
- 3 strawberries
- ½ tbsp chia seeds, soaked (preferably)
- 1 tsp hemp seeds
- ice

### Nutritional Information and Health Benefits:

Energy: 113.5 kcal, Protein: 5.2 g, Fat: 5.8 g, Net Carbs: 10.4 g

This smoothie is an excellent source of source of fiber, potassium, vitamin B6, vitamin C, vitamin A. The chia seeds provide iron and calcium and are full of omega-3 fatty acids, as well as folate. It has also vitamin K, essential for maintaining bone health. The smoothie also contains copper, selenium and phosphorus. This drink is also a source of healthy fats and zinc.

## 15. Fantastic Yellow Spiced Smoothie

### Ingredients:

- 1/2 cup coconut milk, unsweetened, canned
- 1 cup almond milk, unsweetened
- 1 tsp stevia or another low-carb sweetener
- 1 tbsp turmeric, ground
- 1 tsp ginger, ground
- 1 tsp cinnamon, ground
- 1 tbsp coconut oil
- 1 tbsp chia seeds, soaked

### Nutritional Information and Health Benefits:

Energy: 481 kcal, Protein: 6.5 g, Fat: 45.6 g, Net Carbs: 8.4 g

This smoothie is an excellent source of omega-3 fatty acids, fiber, iron and calcium. It is also rich in antioxidants, manganese, phosphorus, copper, selenium and magnesium. It has anti-inflammatory properties and reduces muscle soreness and pain.

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# 5 BONUS RECIPES

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## 16. Green Low Calorie Smoothie

### Ingredients:

- 2 thin slices pineapple
- juice from ¼ lemon
- 6 spinach leaves
- ½ cup water
- ¼ tsp ginger, ground

### Nutritional Information and Health Benefits:

Energy: 46 kcal, Protein: 6 g, Fat: 0.2 g, Net Carbs: 9.9 g

This smoothie is an excellent source of vitamin K, vitamin A, vitamin C, iron, magnesium, vitamin B2 and potassium. This healthy drink possesses anti-inflammatory properties and cures muscle soreness and pain.

## 17. Cocoa Coconut Smoothie with Blackberries

### Ingredients:

- 1 cup coconut milk, unsweetened, canned
- ½ tsp stevia or another low-carb sweetener
- 1/8 avocado
- ¼ cup blackberries
- ½ tsp chia seeds, soaked
- 1 tsp cocoa powder, unsweetened
- ½ tbsp almond butter

### Nutritional Information and Health Benefits:

Energy: 565.5 kcal, Protein: 7.9 g, Fat: 57.5 g, Net Carbs: 9.2 g

This smoothie is rich in omega-3 fatty acids, antioxidants, fiber, iron and calcium, vitamin B2, B3 and B5. It is also a source of vitamin A and C, as well as manganese, potassium, phosphorus, copper, selenium and magnesium.

## 18. Raspberry Pure Coconut Smoothie

### Ingredients:

- 1 cup almond milk, unsweetened

- 1 cup raspberries
- 1 tbsp chia seeds, soaked
- ¼ tsp cinnamon, ground
- 1 tsp coconut flakes

### Nutritional Information and Health Benefits:

Energy: 208.5 kcal, Protein: 4.9 g, Fat: 11.9 g, Net Carbs: 8.5 g

This smoothie is a great source of omega-3 fatty acids, antioxidants, fiber, iron and calcium. It is also very rich in vitamin C and vitamin K. The drink has some vitamin E, manganese and vitamin B6, selenium, copper and phosphorus.

## 19. Chocolate Smoothie with Greens

### Ingredients:

- ½ cup coconut milk, unsweetened, canned
- 1 slice zucchini
- ¼ cup spinach
- ¼ cup romaine lettuce
- ½ avocado
- 1 tbsp chia seeds, soaked
- 2 tbsp cocoa powder

### Nutritional Information and Health Benefits:

Energy: 489 kcal, Protein: 8.7 g, Fat: 44.8 g, Net Carbs: 8.4 g

This smoothie is rich in vitamin C, vitamin K, folic acid, iron and calcium. It is also a source of vitamin B2, B5, B3, magnesium, potassium, fiber, copper, phosphorous and selenium. This smoothie improves the nitric oxide levels, improves blood flow and brain function and may improve symptoms of type 2 diabetes, due to the benefits of cocoa.

## 20. Super Low Carb Green Tahini Smoothie

### Ingredients:

- ¼ cup spinach
- ¼ cup arugula
- juice of ½ lemon
- 1 tbsp sesame tahini
- 3 stalks celery
- water according to preference
- stevia or another artificial sweetener (optional)



## Nutritional Information and Health Benefits:

Energy: 97.3 kcal, Protein: 3.6 g, Fat: 8.4 g, Net Carbs: 2.8 g

This smoothie is an excellent source of vitamin C, vitamin K, vitamin A, potassium, phosphorus, manganese, folic acid, iron and calcium. The drink has antibacterial properties, has anti-inflammatory compounds and strengthens the central nervous system. Furthermore, it also protects the liver and kidney function and may have anticancer effects.