



GOURMET

KETO SMOOTHIES RECIPES

*Amazing and Delicious Low Carb Keto Smoothies
Recieps*

**"GETTING YOUR FOOD RIGHT"
SINCE 2018**





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DISCLAIMER

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Specific results mentioned in this book should be considered extraordinary and there are no "typical" results. As individuals differ, then results will differ.

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SINCE 2018**

CREAMY KETO CHOCOLATE SMOOTHIE

Start a healthy
lifestyle here

Ingredients:

3/4 cup coconut milk

1/2 ripe avocado

2 teaspoons unsweetened cacao powder

1 teaspoon cinnamon powder

1/4 teaspoon vanilla extract

Stevia to taste

1 teaspoon coconut oil

Instructions:

1. Blend all the ingredients together well.



CALORIES: 300

MACROS: 4G CARBS 30G FAT 3G PROTEIN

BLUEBERRY AVOCADO PEANUT BUTTER KETO SMOOTHIE

Start a healthy
lifestyle here

Ingredients:

8 oz Frozen blueberries

3/4 cups Almond Milk

1/2 large Avocado

2 Tbsp Erythritol (or other sweetener of choice -
adjust amount to taste)

2 Tbs Peanut butte

Instructions:

1. Blend all the ingredients together well.



CALORIES: 195 PER SERVING (MAKES ABOUT 2.5)

MACROS: 12.5G CARBS 15G FAT 6.5G PROTEIN

AVOCADO ALMOND KETO SMOOTHIE

Start a healthy
lifestyle here

Ingredients:

- 1 cup almond milk
- 1/2 ripe avocado
- 1 teaspoon lime juice
- 2 Tbsp Erythritol (or other sweetener of choice -
adjust amount to taste)
- 1 teaspoon chia seeds

Instructions:

1. Blend all the ingredients together well.



CALORIES: 217

MACROS: 2G CARBS 17G FAT 5G PROTEIN

PB&J KETO SMOOTHIE

Start a healthy lifestyle here

Ingredients:

- 1 cup frozen mixed berries
- 2 tablespoons natural peanut butter
- 1 scoop Keto vanilla protein powder (about 30g) (I use this brand)
- 1 ½ cups Organic Almond milk

Instructions:

1. Blend all the ingredients together well.



CALORIES: 140

MACROS: 6G CARBS 4G FAT 30G PROTEIN

CHOCOLATE BLUEBERRY CHEESECAKE SMOOTHIE

Start a healthy
lifestyle here

Ingredients:

1 cup Almond milk
1 Tbsp Heavy Whipping Cream
1 Tbsp Cream Cheese
1 Scoop Chocolate Whey Protein
I use this one
1/2 Cup Blueberries
Ice Cubes

Instructions:

1. Blend all the ingredients together well.



CALORIES: 251

MACROS: 9G CARBS 15G FAT 25G PROTEIN

KETO CHOCOLATE PEANUT BUTTER FROSTY

Start a healthy
lifestyle here

Ingredients:

- 1 cup heavy whipping cream
- 1 tablespoons peanut butter
- 2 tablespoons unsweetened cocoa powder
- 5 drops liquid Stevia
- 1 teaspoon vanilla extract

Instructions:

1. Mix all ingredients together using egg beaters until stiff peaks form.
2. Place in the freezer for about 30-60 minutes until barely frozen.
3. Place frosty in a plastic freezer bag, cut one corner, and pipe into separate small cups.



CALORIES: 241 PER SERVING (SERVES ABOUT 4)
MACROS: 4G CARBS 25G FAT 3G PROTEIN

RASPBERRY LEMONADE SMOOTHIE

Start a healthy
lifestyle here

Ingredients:

- 1 cup frozen raspberries
- 1 cup sour cream
- 1/3 cup freshly squeezed lemon juice
- 1/3 cup water
- 1/4 cup Erythitol Sweetener or other sweetener
- 2 ounces cream cheese
- 2 cups ice

Instructions:

1. Blend all the ingredients together well.



CALORIES: 145 PER SERVING (SERVES ABOUT 4)
MACROS: 8G CARBS 9.6G FAT 4.1G PROTEIN

KETO PUMPKIN SMOOTHIE

Start a healthy
lifestyle here

Ingredients:

- 1/4 cup Pumpkin puree
- 1/2 cup Calorie countdown mild or Almond
- 1/2 cup Heavy whipping cream
- 1/4 Vanilla extract
- 1/4tsp Nutmeg
- Cinnamon to taste
- 1/4 cup Erythitol Sweetener or other sweetener

Instructions:

1. Blend all the ingredients together well.



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CALORIES: 448

MACROS: 4.45G CARBS 40.5G FAT 1.5G PROTEIN

CREAMY CINNAMON PEANUT BUTTER SMOOTHIE

Start a healthy
lifestyle here

Ingredients:

1 1/2 Cups Calorie Countdown Milk
2 tbsp Sour Cream
2 tbsp Peanut Butter
1/2 tsp Cinnamon
15 Drops Stevia
1/8 tsp Salt
6-8 Ice cube

Instructions:

1. Blend all the ingredients together well.



CALORIES: 335

MACROS: 12G CARBS 28G FAT 16G PROTEIN

CREAMY VANILLA MEAL REPLACEMENT SMOOTHIE

Start a healthy
lifestyle here

Ingredients:

1/2 Cup Egg Whites
1 tbsp Olive Oil
2 tbsp Sour Cream
1 tsp Vanilla Extract
2 tbsp Almond Butter
3-5 Drops Stevia
1/8 tsp Salt
6-8 Ice cubes

Instructions:

1. Blend all the ingredients together well.



CALORIES: 470

MACROS: 8G CARBS 36G FAT 29G PROTEIN