

50 Keto Smoothies to Help Burn Fat



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King Keto Smoothie

Ingredients:

- 1 cup coconut cream
- 1 tsp spirulina powder
- 1 tsp barley grass powder
- 1 nub of fresh ginger
- 1 small handful of fresh coriander
- 1 tsp dulse powder
- Stevia to suit taste

Method:

1. Mix all the ingredients in a blender, and process till the mixture becomes smooth.
2. Then, Pour into a glass.

This daily smoothie is the 'King' of all keto smoothies because it not only helps you lose weight, but it helps to gently detox your liver of heavy metals and chemicals.

The King Keto Smoothie can be taken at any time of day at least 30 minutes away from other foods. This smoothie (like all smoothies in this book) is not to be consumed during a fasting period. It is in effect a meal and will break your fast. This smoothie can be a meal replacement.

An ideal way to consume the smoothie is:

- Have your plain celery juice first thing in the morning.
- Wait 15 minutes and then have your King Keto Smoothie.

1) Peppermint Smoothie

Ingredients:

- I. 1 cup unsweetened coconut milk
- II. 1 cup unsweetened cashew milk
- III. ¼th teaspoon mint extract
- IV. A handful of spinach
- V. A handful of ice

Method:

3. Firstly, mix all the ingredients in a blender, and process till the mixture becomes smooth.
4. Then, Pour into a glass.
5. Now, garnish with mint leaves, and serve.



2) Strawberry Smoothie

Ingredients:

- I. 1 cup unsweetened coconut milk
- II. One tablespoon vanilla extract
- III. 5 frozen strawberries
- IV. 2 tablespoons heavy cream
- V. 1 fresh sage leaf

Method:

1. In a blender, tip in all the ingredients and churn till the mixture becomes smooth.
2. Next, pour it into a glass.
3. Now, garnish with fresh strawberries and serve.



3) Strawberry Avocado Keto Smoothie

Ingredients:

- I. 1 ripe avocado (peeled and pit removed)
- II. 1/2 cup coconut milk (unsweetened)
- III. 1 tablespoon – lemon juice
- IV. 2/3 cup unsweetened strawberries (frozen)
- V. Stevia syrup – to taste (you can add any sugar-free syrup of your choice)



Method:

1. At first, add all the ingredients in a mixer.
2. Then, blend until you obtain a smooth paste.
3. Finally, serve in two glasses.

4) Egg-tastic Smoothie

Ingredients:

- I. 2 raw eggs
- II. Cream cheese – 2 tablespoons
- III. Vanilla extract – 1 tablespoon
- IV. 3 ice cubes
- V. Heavy cream – 1/4th cup

Method:

1. To begin with, crack both the eggs in a food processor and blend.
2. Next, tip in the rest of the ingredients, and blend till the mixture is smooth.
3. Then, pour the mixture into a tall glass, and serve with heavy cream as the garnish.



5) Raspberry Cheesecake Smoothie

Ingredients:

- I. Raspberries – 1/2 cup
- II. Almonds – 1 cup
- III. Cream cheese – 1 oz
- IV. Vanilla extract – 1 tablespoon



Method:

1. In a blender, mix all the ingredients and process till the mixture becomes smooth.
2. Now, pour the mixed ingredients into a glass.
3. Finally, garnish with fresh raspberries or sugar-free raspberry coulis, and serve.

6) Cool Hazelnut Smoothie

Ingredients:

- I. 1/3rd cup heavy cream/whipped cream
- II. 1 tablespoon sugar-free hazelnut syrup
- III. 1 cup cold coffee (no sugar)
- IV. A handful of ice cubes



Method:

1. Firstly, in a processor, add all the ingredients and churn until the mixture becomes smooth.
2. Tip into a glass.
3. Garnish with whipped cream, and serve.

7) Salt And Caramel Smoothie

Ingredients:

- I. 3 tablespoons heavy cream
- II. 1 cup unsweetened cashew milk
- III. A handful of ice cubes
- IV. 1 tablespoon salted caramel syrup
- V. A dash of pumpkin pie spice

Method:

1. Add all the ingredients in a food processor, and blend until it becomes smooth.
2. Pour into a tall glass.
3. Garnish with pumpkin pie spice, and serve.



8) Strawberry & Rhubarb Pie Smoothie

Ingredients:

- I. 4 (around 1.4 oz) – medium-sized strawberries
- II. Medium-sized rhubarb stalks – 1 or 2 (around 1.8 oz)
- III. Almond (you can also use 2 tablespoons of almond butter) – 1 oz
- IV. Organic egg – 1 large-sized
- V. Unsweetened almond milk – 1/2 cup
- VI. 2 tablespoons – full-fat cream (you can also use unsweetened coconut milk)
- VII. 1 teaspoon – freshly grated ginger root (you can also use 1/2 teaspoon of ginger root powder)
- VIII. 1/2 teaspoon – pure vanilla bean extract
- IX. 3-6 drops – stevia syrup (you can add any sugar-free syrup of your choice)



Method:

1. In a blender, mix all the ingredients and process till the mixture becomes smooth.
2. Pour into a glass.
3. Serve fresh.

9) Strawberry Coco Smoothie

Ingredients:

- I. 5 frozen strawberries (medium size)
- II. 4 tablespoons heavy cream
- III. 1 cup unsweetened coconut milk
- IV. 2 tablespoons vanilla extract.



Method:

1. To begin with, put all the ingredients mentioned above in a blender, and process until smooth.
2. Now, pour it into a tall glass.
3. Last but not the least, garnish with fresh strawberries or sugar-free strawberry coulis, and serve.

10) Strawberry and Black Currant Smoothie

Ingredients:

- I. 1/2 cup – fresh or frozen blackcurrants
- II. 2 or 3 – fresh or frozen strawberries
- III. 2 fl oz – heavy whip cream (you can also use 1/4 cup of unsweetened coconut milk)
- IV. 1/2 cup – water
- V. 2 tablespoons – whole or powdered chia seeds
- VI. 1/2 teaspoon – sugar-free vanilla extract (you can also use 1/2 vanilla bean)
- VII. 5-7 drops – stevia syrup



Method:

1. Put all the ingredients in a food processor, and blend until smooth.
2. Let the mixture sit there for around 5 minutes before you serve it.
3. Pour into the glass and serve.

11) Blueberry Smoothie

Ingredients:

- I. Unsweetened almond/coconut milk – 1 cup
- II. Cold-pressed organic flaxseed oil – 1 tablespoon
- III. Frozen, unsweetened blueberries – 1 cup

Method:

1. Process all the above ingredients, except the oil, in a blender and blend until smooth.
2. Pour into a tall glass.
3. Mix the flax seed oil in it with a spoon.
4. Garnish with blueberries, and serve.



12) Avocado Raspberry Chocolate Smoothie

Ingredients:

- I. 1.25 cups – unsweetened cashew milk
- II. 1/2 avocado
- III. 1/3 cup – frozen raspberries
- IV. 1/8 teaspoon – raspberry extract
- V. 1 tablespoon – cocoa powder
- VI. Stevia Syrup – To Taste



Method:

1. Add all the ingredients to the blender.
2. Prepare a smooth paste.
3. Add Cashew Milk to make it thinner.

13) Orange Peel & Ginger Lassi (Low Carb)

Ingredients:

- I. 2 cups – ice-cold water
- II. 7 oz – organic full-fat Greek or Turkish yogurt (plain)
- III. 1 small organic orange's skin – freshly grated orange peel
(use only the orange colored part)
- IV. 1 teaspoon – freshly grated organic ginger
- V. Stevia syrup or any other sugar-free replacement – to taste



Method:

1. Gather all the ingredients and mix them using a blender.
2. Blend, until the mixture turns smooth.
3. Place some ice cubes in the glass with the smoothies and serve it immediately.

14) Green Keto Smoothie

Ingredients:

- I. 2 cups spinach
- II. 2 tablespoons sugar-free syrup of your choice
(stevia recommended)
- III. Half avocado, pitted and chopped
- IV. 1 cup unsweetened almond milk
- V. 1½ cups ice



Method:

1. Put the spinach in a blender, and process till it becomes smooth.
2. Add milk and other ingredients, and blend on high to make a smooth mixture.
3. Pour into a tall glass.
4. Garnish with crushed almonds, and serve.

15) Elves Smoothie

Ingredients:

- I. 1 avocado of 3-4 oz
- II. 2 tablespoons unsalted pistachio
- III. ¼th cup unsweetened coconut milk
- IV. ¼th cup spinach
- V. ½ cup egg whites
- VI. 3-4 mint leaves
- VII. Vanilla extract -1 teaspoon
- VIII. 3-6 drops liquid stevia extract
- IX. ½ cup water
- X. Ice cubes (3-4)



Method:

1. Wash the mint and spinach leaves thoroughly.
2. Cut the avocado in half and peel.
3. In a food processor, put all the ingredients and blend until smooth mixture forms.
4. Pour into a tall glass.
5. Garnish with mint leaves and serve chilled.

16) Keto Avocado And Matcha Smoothie

Ingredients:

- I. Half medium-sized avocado
- II. 1 teaspoon matcha green tea powder
(unsweetened)
- III. 1¼th cup unsweetened almond milk
- IV. 2 teaspoons sugar-free syrup of your choice
(stevia recommended)
- V. 1 cup full-fat Greek yogurt
- VI. 1 tablespoon hot water



Method:

1. Mix the matcha powder with hot water in a small bowl.
2. Cut avocado in half, peel it and cut into small chunks. Discard the seed.
3. Add this with other ingredients to the blender, and blend till the mixture is smooth.
4. Pour into a tall glass.
5. Garnish with matcha powder and serve chilled.

17) All In One Keto Mixed Drink

Ingredients:

- I. 1 cup spinach
- II. 4 walnuts
- III. 4 raspberries
- IV. 1 teaspoon chia seeds
- V. 1 cup almond milk (unsweetened)
- VI. 2 tablespoons heavy cream
- VII. 1 tablespoon coconut oil
- VIII. 2 ice cubes



Method:

1. Put all the ingredients in a blender, except coconut oil, and mix until smooth.
2. Pour into a tall glass, and add the coconut oil. Stir to mix the oil with a spoon.
3. Garnish with chia seeds and crushed walnuts, and serve chilled.

18) Vanilla Frappe Shake

Ingredients:

- I. 2 cups unsweetened vanilla almond milk
- II. Heavy whipping cream – 1 cup
- III. One vanilla bean
- IV. Vanilla extract – 1 teaspoon
- V. 2 cups ice



Method:

1. Split the vanilla bean lengthwise and scrape the inside.
2. Place all the ingredients in a blender, except ice, and blend to combine.
3. Tip in the ice, and blend once more to crush it.

19) Ketogenic Diet Vanilla Smoothie

Ingredients:

- I. 3 large egg whites
- II. 1 tablespoon extra-virgin coconut oil
- III. 1 tspn vanilla extract
- IV. 3-5 drops Stevia extract
- V. 1-2 tablespoons coconut/almond butter
- VI. Half cup sour cream or unsweetened coconut milk
- VII. Half cup water + half cup ice



Method:

1. Place all the ingredients, except ice, in a blender and process until smooth.
2. Add the ice, and blend one last time to crush the ice.
3. Pour the smoothie into a highball glass.
4. Garnish with a dollop of sour cream, and serve chilled.

20) Keto Pumpkin Shake

Ingredients:

- I. 2 oz cream cheese
- II. Half cup canned pumpkin
- III. Unsweetened vanilla almond milk – 1 cup
- IV. Sugar-free syrup (your favorite flavor, stevia recommended) – 1 teaspoon
- V. Crushed ice – 1 cup



Method:

1. Mix all the ingredients in a blender, and process till it becomes a smooth paste.
2. Pour into a tall glass, and garnish with a dollop of cream cheese.
3. Serve chilled.

21) Danish Smoothie

Ingredients:

- I. 1 cup almond milk (unsweetened)
- II. 4 teaspoons sugar-free syrup of your choice (stevia recommended)
- III. ¼th teaspoon vanilla extract
- IV. Half teaspoon cinnamon
- V. 1 teaspoon flax meal
- VI. 1 cup ice



Method:

1. Put all the ingredients, except ice, in a food processor and blend until smooth.
2. Once the mixture is smooth, add the ice, and process one last time to crush the ice.
3. Pour into a tall glass and garnish with cinnamon powder.
4. Serve chilled.

22) Raspberry Cantaloupe Lassi

Ingredients:

- I. 2 cups ice-cold water
- II. 4 oz frozen raspberries
- III. 7 oz full-fat Greek yogurt
- IV. 4 oz cantaloupe chunks
- V. sugar-free syrup (stevia and erythritol preferred and if you need some flavor you can use vanilla extract)



Method:

1. Put the raspberries with water in a blender, and blend until the mixture is smooth.
2. Strain the mixture and discard the seeds.
3. Add all the other ingredients and this mixture in a blender, and blend until it becomes smooth.
4. Pour into a tall glass.
5. Garnish with cut strawberries and serve chilled.

23) Strawberry Cream Smoothie

Ingredients:

- I. 5 strawberries
- II. 3 teaspoons heavy cream
- III. 1 teaspoon sugar-free strawberry/vanilla extract

Method:

1. Mix all the ingredients in a blender, and process until smooth.
2. Pour into a tall glass.
3. Garnish with fresh strawberries or sugar-free strawberry coulis.
4. Serve chilled.



24) Coffee Keto-Energy Drink

Ingredients:

- I. 1 cup leftover coffee
- II. 1/3rd cup heavy cream
- III. 6 ice cubes
- IV. Vanilla extract – 1 teaspoon
- V. 1/4th teaspoon xanthum gum
- VI. 1 teaspoon sugar-free caramel syrup.

Method:

1. Dunk all the ingredients, except ice, in the food processor, and blend till the mixture becomes smooth.
2. Add the ice, and process one last time to crush the ice.
3. Pour into a tall glass, and garnish with a dollop of heavy cream.
4. Serve chilled.



25) Three Ingredient Mint Lassi

Ingredients:

- I. 2 cups – ice-cold water
- II. 7 oz – organic full-fat Greek or Turkish yogurt (Plain)
- III. 10 to 15 – fresh, organic mint leaves
- IV. Liquid Stevia – To Taste



Method:

1. Gather all the ingredients and mix them using a blender.
2. Blend, until the mixture turns smooth.
3. Place some ice cubes in the glass with the smoothies.
4. Serve chilled.

26) Almond Orange Blossom Water Lassi

Ingredients:

- I. 2 cups ice-cold water
- II. 4 oz organic full-fat Greek or Turkish yogurt (plain)
- III. 1/4 teaspoon organic almond extract
- IV. Liquid Stevia – To Taste
- V. 1/4 teaspoon organic orange blossom water



Method:

1. Gather all the ingredients and mix them using a blender.
2. Blend, until the mixture turns smooth.
3. Serve the Lassi over ice cubes.

27) Avocado, Chia Seeds and Cocoa Keto Smoothie

Ingredients:

- I. 1 to 1.25 cups full-fat coconut milk (unsweetened)
- II. 1/2 frozen avocado
- III. 1 tablespoon chia seeds (soak them in about 3 tablespoons of water for around 10 minutes)
- IV. 2 teaspoons cocoa powder (you can also use a scoop of chocolate bone broth protein powder)
- V. 1 tablespoon coconut oil
- VI. 1 tablespoon of nut butter (prefer almond butter or sunflower seed butter)
- VII. Ice cubes, if required
- VIII. Cinnamon and cacao nibs (for topping)
- IX. 1/4 cup water, if required



Method:

1. Put all the contents in the blender (prefer a high powered blender)
2. Prepare a smooth mixture
3. Serve the smoothie over ice and top it with cinnamon and cacao nibs.

28) Chocolate Green Keto Smoothie

Ingredients:

- I. 2 oz berries of your choice
- II. 8.5 oz coconut cream
- III. 3.5 oz chopped spinach
- IV. 1 oz cocoa powder
- V. 1 tablespoon Stevia syrup



Method:

1. Add all the constituents to the blender.
2. Form a smooth mixture for consumption.
3. Serve chilled.

29) Cocoa-Mint Smoothie

Ingredients:

- I. 2 cups fresh spinach
- II. 5 fresh mint leaves
- III. 1 cup coconut milk/almond milk
(unsweetened)
- IV. 2 tablespoons cocoa powder
- V. ¼ teaspoon peppermint extract
- VI. 1 tablespoon stevia syrup
- VII. 6 ice cubes



Method:

1. Combine all the ingredients in a food blender, and make a smooth mixture of a smoothie consistency.
2. Pour into a tall glass, and garnish with some mint leaves.
3. Serve chilled.

30) Blueberry Galaxy Smoothie

Ingredients:

- I. 1 cup unsweetened coconut milk
- II. 1/4th cup of full-fat yogurt
- III. 1/4th cup blueberries
- IV. Vanilla extract – 1 teaspoon
- V. MCT oil – 1 teaspoon
- VI. A scoop full of whey protein powder (optional)



Method:

1. Put all the ingredients in a blender, and blend until smooth.
2. Pour the contents into a tall glass.
3. Serve chilled.

31) Coconut-Chocolate Keto Smoothie

Ingredients:

- I. 1 cup coconut milk (unsweetened)
- II. 1 tablespoon cocoa powder (unsweetened)
- III. 1/2 scoop whey protein powder
- IV. shredded coconut (fresh)
- V. 5 drops of stevia syrup
- VI. 1 cup ice cubes (6-7 cubes approx)
- VII. Xanthan gum (Optional)



Method:

1. Dunk all the ingredients in the food processor, and blend until smooth mixture forms.
2. Pour this mixture into a glass, and garnish with shredded coconut if you wish.
3. Serve chilled.

32) Strawberry And Almond Goodness Smoothie

Ingredients:

- I. 4 oz heavy cream
- II. 1/4th cup frozen strawberries
- III. 16 oz unsweetened almond milk
- IV. 1 tablespoon stevia syrup

Method:

1. Put all the ingredients in a processor, and blend until smooth.
2. Pour the smoothie into a tall glass, and garnish with strawberries.
3. Serve chilled.



33) Vanilla Almond Protein Smoothie

Ingredients:

- I. 1 cup unsweetened almond milk
- II. 1-2 avocados – sliced and unseeded
- III. Vanilla extract – 1 tablespoon
- IV. Frozen cauliflower – 1 cup
- V. MCT oil – 1 tablespoon
- VI. Almond butter – 2 tablespoons
- VII. 1 scoop whey protein powder, chocolate flavor (optional)
- VIII. Stevia drops (as per your taste)



Method:

1. In a blender, blend all the ingredients, until you obtain a smooth mixture.
2. Pour into a tall glass.
3. Garnish with mint leaves, and serve chilled.

34) Blueberry And Almond Smoothie

Ingredients:

- I. 4 oz heavy cream
- II. one-quarter cup frozen blueberries
- III. 2 tablespoons almond butter
- IV. 14 oz unsweetened almond milk
- V. 1 tablespoon stevia syrup



Method:

1. Blend all the ingredients together in a food processor, until it reaches to become a smooth mixture.
2. Pour into a tall glass, and garnish with some chopped blueberries.
3. Serve chilled.

35) Creamy Cinnamon Smoothie

Ingredients:

- I. 1/2 cup unsweetened coconut milk
- II. 1/2 teaspoon cinnamon
- III. 1 tablespoon extra virgin coconut oil
or MCT oil
- IV. 1/4 cup whey protein powder (vanilla
or plain)
- V. 1 tablespoon ground chia seeds
- VI. 1/2 cup filtered water
- VII. 4-5 ice cubes



Method:

1. Firstly, add cinnamon, chia seeds, whey protein powder and coconut milk in a blender.
2. Then, add coconut/MCT oil and blend.
3. Now, add ice and stevia syrup (optional) and process till you obtain a mixture of smooth consistency.
4. Pour the smoothie into a tall glass, and garnish with cinnamon powder.
5. Serve immediately, while it is chilled.

36) Green Low-Carb Smoothie

Ingredients:

- I. 2 cups spinach/kale
- II. 1 cup unsweetened coconut milk
- III. 10 almonds
- IV. 4 oz heavy cream
- V. 1 tablespoon psyllium seeds
- VI. 2 Brazil nuts



Method:

1. Pour the heavy cream and the coconut into the blender, and process it to mix properly.
2. Add other ingredients, and blend till you obtain a smooth mixture.
3. Pour the smoothie into a tall glass, and garnish with some chopped almonds.
4. Serve immediately and chilled.

37) Lemony Lime Smoothie

Ingredients:

- I. Half cup cottage cheese
- II. Lime juice – 1 tablespoon
- III. Stevia syrup – 1 teaspoon
- IV. Sugar-free vanilla instant pudding mix (optional for better taste or you can use vanilla extract) – 1 tablespoon
- V. some green leaves like kale or spinach for color
- VI. 5 ice cubes
- VII. Water to adjust the consistency



Method:

1. Wash the kale/spinach in running water to remove any dirt.
2. Put all the ingredients in a food blender, and process until it becomes smooth.
3. Pour it into a tall glass and garnish with berries of your choice.
4. Serve chilled.

38) Organic Detox Smoothies

Ingredients:

- I. Half teaspoon lemon liquid stevia
- II. 1 cup sliced cucumber
- III. 2 teaspoons matcha green tea powder (unsweetened)
- IV. 1 teaspoon lemon juice
- V. 1 cup spinach leaves
- VI. 8 ounces water
- VII. Half cup icematch



Method:

1. Wash the spinach leaves thoroughly in running water.
2. Put all the ingredients in a food processor, and blend until the mixture becomes smooth.
3. Pour into a collins glass, and garnish with sliced cucumber.
4. Serve chilled.

39) Mint Green Avocado Smoothie

Ingredients:

- I. 1/2 avocado – unseeded (about 4 ounces)
- II. 3 cilantro sprigs
- III. Stevia syrup (to taste) or any other sugar-free syrup of your choice
- IV. 5-6 mint leaves (full size)
- V. 1/4 teaspoon vanilla extract
- VI. 1/2 cup almond milk (unsweetened)
- VII. 3/4th cup full-fat coconut milk (unsweetened)
- VIII. 1- 1.5 cup ice (crushed)
- IX. Lime juice (1 lemon or as per your taste)



Method:

1. Tip in all the ingredients (except ice) in a blender, and process until a smooth mixture is obtained.
2. Add crushed ice to it and blend again until pureed.
3. Pour this into a tall glass, and garnish with mint leaves and berries.
4. Serve chilled.

40) Chocolate Cookie Milkshake

Ingredients:

- I. Half cup low-fat or fat-free cottage cheese
- II. 1 tablespoon stevia syrup
- III. One teaspoon vanilla extract
- IV. Half teaspoon butter
- V. One-quarter teaspoon molasses.
- VI. 1 oz dark chocolate chips/chunks
- VII. Half cup ice



Method:

1. Start by adding the cottage cheese and the chocolate in the jar. Process till the chocolate is blended in the cottage cheese.
2. Add in all other ingredients, and mix until it becomes smooth.
3. Pour the contents into a tall glass, and garnish with dark chocolate bits.
4. Serve chilled.

41) Blueberry Chia and Coconut Smoothie

Ingredients:

- I. 1 cup blueberries (frozen)
- II. 1/2 cup coconut (grated/sliced)
- III. 1 cup coconut milk/ full-fat greek yogurt
- IV. 1 cup cashew milk/ almond milk (unsweetened)
- V. 2 tablespoons ground chia seeds
- VI. 2 tablespoon virgin coconut oil
- VII. Stevia syrup (to taste) or any other sugar-free sweetener of your choice
- VIII. 1 scoop of whey protein powder (optional)



Method:

1. Add all the ingredients in the food processor, and blend till you achieve a smooth consistency.
2. Pour into 4 tall glasses.
3. Serve chilled.

42) Mint Chip Keto Smoothie

Ingredients:

- I. 1 cup coconut milk (full-fat)
- II. 2 tbsp hemp seeds
- III. 1-ounce kale leaves
- IV. 1/8 teaspoon vanilla extract/ stevia (or as per taste)
- V. 1 tbspn chocolate chips
- VI. 1/2 tspn peppermint extract (mint leaves can be used too)
- VII. 1/4 cup protein powder -egg white (optional)
- VIII. 1-2 cups of crushed ice



Method:

1. Dunk all the ingredients in the blender, and process until all the ingredients break down and form a smooth shake.
2. Add crushed ice and blend. At last, add choco chips and blend once more.
3. Pour into a highball glass.
4. Serve chilled.

43) Keto Flu Smoothie

Ingredients:

- I. 1/2 cup kale leaves
- II. 50 gms Avocado (unseeded)
- III. 2 large size strawberries (fresh)
- IV. 1/2 cup almond milk (unsweetened)
- V. 1/2 cup Cucumber (use it with peel)
- VI. 1 teaspoon Vanilla Extract
- VII. Stevia syrup (as per taste)
- VIII. 1/2 teaspoon Pink Himalayan Salt



Method:

1. Add all the ingredients in a juicer-mixer-grinder, and process until it becomes a smooth mixture.
2. Pour the smoothie into a glass.
3. Serve chilled or pour crushed ice.

44) Strawberry Cheesecake Smoothie

Ingredients:

- I. 2 tablespoons shredded coconut
- II. ⅓rd cup cottage cheese
- III. 1-1½ oz cream cheese
- IV. ¼th teaspoon cream of tartar
- V. ⅓rd cup frozen strawberries
- VI. ¼th cup unsweetened almond milk
- VII. ¼th teaspoon vanilla extract
- VIII. Half teaspoon stevia syrup
- IX. Half teaspoon butter
- X. Crushed ice – 1 cup



Method:

1. To start with, shallow fry the coconut on a frying pan in half a teaspoon of butter, on medium-low flame, till it turns a shade of light golden color.
2. Combine all the ingredients, except strawberries and cream cheese, in a food processor, and blend till only some chunks are left.
3. This is the stage where you add the strawberries to the mixture. Blend till it achieves the consistency of a smoothie. You can process it a little less if you like your smoothies chunky.
4. Next, cut the cream cheese into small pieces, and add the coconut in it. Add into the smoother, and stir gently.
5. Finally, pour into a tall glass and garnish with some strawberry pieces.
6. Serve chilled.

45) Lemon Coconut Keto Smoothie

Ingredients:

- I. 3 cups – baby spinach (wash them thoroughly before use)
- II. 1 cup – coconut milk (unsweetened)
- III. 2 tablespoon – raw sunflower/pumpkin seeds
- IV. One lemon (peeled)
- V. 1 scoop – whey protein powder (vanilla)
- VI. Water (filtered) – 1 cup



Method:

1. At first, rinse the baby spinach in water.
2. Next, put all the ingredients except protein powder in a food processor or blender, and break them down completely until you achieve a smooth consistency.
3. Now, add Vanilla protein powder to it and blend once again to make the smoothie.
4. Pour into a tall glass and garnish with your choice of greens if you like.
5. Serve chilled.

46) Red Velvet Cheesecake Smoothie

Ingredients:

- I. 2 cups of coconut milk
(unsweetened)
- II. 18 drops stevia
- III. ¼th teaspoon vanilla extract
- IV. 3 tablespoons of cocoa or cacao
powder
- V. Half small beet
- VI. Half avocado
- VII. 2 cups of ice cubes



Method:

1. Firstly, Put all the ingredients in a mixer, and blend until smooth. Leave the ice out in this step.
2. Next, Put the ice in, and blend only to crush the ice lightly.
3. Finally, pour into a glass, and garnish with beet juliennes.
4. Serve chilled.

47) Keto Chocolate Shake

Ingredients:

- I. 2 large pasteurized eggs/ 2 tablespoons chia seeds
- II. ¼th cup water
- III. Half cup ice
- IV. 5 drops of stevia extract
- V. 2 tablespoons coco or cacao powder
- VI. Half teaspoon vanilla extract
- VII. Half cup heavy cream or full-fat coconut milk
- VIII. 1 table spoon MCT oil or extra-virgin coconut oil



Method:

1. Firstly, put the eggs in a blender, and process till it forms a foam.
2. Now, add other ingredients, except ice, and blend some more.
3. Next, add the ice, and blend enough to crush the ice.
4. Pour into a glass, and serve chilled

48) Keto Avocado Smoothie with Ginger & Turmeric

Ingredients:

- I. 3-4 oz avocado (about half)
- II. 1/4 cup – almond milk
(unsweetened)
- III. 3/4 cup – full – fat coconut milk
(unsweetened)
- IV. 1 teaspoon – grated ginger (fresh)
- V. 1 teaspoon – lemon juice (as per taste)
- VI. 1/2 teaspoon – turmeric powder
- VII. stevia syrup or any other sugar-free sweetener
- VIII. 1 cup – crushed ice



Method:

1. To start with, tip in all the ingredients in the blender, except ice and sweetener.
2. Blend on high speed till everything breaks down and mixes.
3. Next, add the ice and stevia, and blend once to crush the ice.
4. Pour into a tall glass.
5. Serve chilled.

49) Cinnamon Fun Smoothie

Ingredients:

- I. Half teaspoon cinnamon
- II. 1 cup almond milk (unsweetened)
- III. 1 teaspoon flax meal
- IV. ¼th teaspoon vanilla extract
- V. 4 teaspoons stevia syrup
- VI. 1 cup ice



Method:

1. Firstly, tip in all the ingredients in the processor jar, except ice.
2. After this, blend on high speed till everything breaks down and mixes.
3. Now, add the ice, and churn once to crush the ice.
4. Next, pour into a tall glass and garnish with cinnamon.
5. Serve chilled.

50) Keto Almond Milkshake

Ingredients:

- I. 1½ cups plain, full-fat Greek yogurt
- II. 1 tspn vanilla extract
- III. ¼ teaspoon almond extract
- IV. ¾ teaspoon coconut-flavored stevia extract
- V. 1 teaspoon psyllium Husk Powder
- VI. 2 tablespoons natural almond butter
- VII. 2 cups unsweetened vanilla almond milk
- VIII. 1 cup ice cubes
- IX. Semi-sweet chocolate chips for garnish



Method:

1. At first, put all the ingredients in the blender, except the ice and chocolate chips.
2. Now, blend on high speed to make a smooth mixture.
3. Next, add ice, and blend a little more to just crush the ice.
4. Pour into a tall glass and garnish with chocolate chips and crushed almonds.
5. Finally, serve chilled.