AMERICAN · BREAKFAST · DRINK

Creamy Raspberry Avocado Keto Smoothie

5 min · Makes 1 × 1 large glass (450 ml) · 308 kcal a portion · Video 5:38 · KetoFocus

Gluten-free ingredients · No dairy listed

Avocado and coconut oil make it creamy and filling instead of banana, so it has only about 5 g net carbs and no added sugar, with about 12 g of protein (mostly from the collagen) and 8 g of fibre.

Diet notes: Keto (4.7 g net carbs a serve); Paleo with a swap: leave out the Swerve.

Scan for the video, full nutrition and more free recipes

Ingredients 9 · MAKES 1 × 1 LARGE GLASS (450 ML)

- ☐ ½ cup **raspberries**
- ☐ 2 oz **avocado** (about ½ cup)
- ☐ 1 cup **ice**
- ☐ 2 tbsp **Swerve** (or any sugar-free sweetener), optional
- ☐ **collagen powder**, 1 scoop (about ½ oz)
- ☐ 1 tbsp **coconut oil**
- ☐ a pinch of **Himalayan salt**
- ☐ ½ cup **unsweetened macadamia nut milk** (or other nut milk)
- ☐ ½ cup **water**

Amounts in US units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: Tree nuts. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Put ½ cup raspberries and 2 oz avocado in a blender. The avocado replaces banana here: it makes the smoothie thick and creamy without the sugar. 0:42
2. Add 1 cup ice, 2 tbsp sugar-free sweetener (or leave it out), 1 scoop collagen powder, 1 tbsp coconut oil and a pinch of salt. 1:13
3. Pour in ½ cup unsweetened nut milk and ½ cup water and blend until completely smooth. Pour into a tall glass and drink straight away. 1:31

> **Tip** Collagen is optional; unflavoured whey works too. Use any unsweetened nut milk. Frozen raspberries make it thicker, so use a little less ice.

The method is a summary in our words — the video shows every step.

One portion, 1 large glass (450 ml), gives you 1 OF 1 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE
308 kcal 1,290 kJ	12 g 24% of a day	13 g 4.7 g net · 3.1 g sugars 5% of a day
FIBRE	**FAT**	**SODIUM**
8.5 g 30% of a day	24 g 13 g saturated 31% of a day	230 mg 10% of a day

Energy from net carbs 7% · protein 17% · fat 76% — fits keto: 4.7 g net carbs, 76% of the energy from fat

High in (20%+ of a day) Vitamin E 34% · Vitamin C 25%

Source of (10–19%) Calcium 19% · Folate 17% · Vitamin K 15% · Vitamin B6 11% · Omega-3 11% · Potassium 10% · Magnesium 10%

Recipe and video: KetoFocus (@KetoFocus) on YouTube — youtube.com/watch?v=b1IYzNdFooY, published 13 June 2022. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/raspberry-avocado-keto-smoothie