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 · Dairy-free

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).

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Ingredients

9 · MAKES 1 × 1 LARGE GLASS (450 ML)

- [ ] 60 g **raspberries**
- [ ] 60 g **avocado** (about 120 ml)
- [ ] 240 ml **ice**
- [ ] 2 tbsp **Swerve** (or any sugar-free sweetener), optional
- [ ] **collagen powder**, 1 scoop (about 11 g)
- [ ] 1 tbsp **coconut oil**
- [ ] a pinch of **Himalayan salt**
- [ ] 120 ml **unsweetened macadamia nut milk** (or other nut milk)
- [ ] 120 ml **water**

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

Contains: Tree nuts. Check labels on stock, sauces and spice mixes.

Method

TIMES = THE MOMENT IN THE VIDEO

1. Put 120 ml raspberries and 60 g avocado in a blender. The avocado replaces banana here: it makes the smoothie thick and creamy without the sugar. 0:42
2. Add 240 ml 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 120 ml unsweetened nut milk and 120 ml 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	FIBRE	FAT	SODIUM
308 kcal	12 g	13 g	8.5 g	24 g	230 mg
1,290 kJ	24% of a day	4.7 g net · 3.1 g sugars	30% of a day	13 g saturated	10% of a day
		5% of a day		31% 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=b1lYzNdFooY, 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