



Healthy Keto with Jim Colbourne

MOVING TO AN HEALTHIER LIFESTYLE

Blueberry Smoothie

4g NET Carbs (Low Carb Keto)

This is the best Low Carb Smoothie with only 4g net carbs. Absolutely the best cold drink for summer.

Add ice when blending for a thicker smoothie.



1 Serving = 220. Calories / 7g. carbs / Fiber 3g / 4g. Net carbs / 24g protein / 11g. Fat

INGREDIENTS

1 cup Almond Milk

1/4 cup Blueberries

1 tbsp Vanilla Extract

10 Drops Liquid Stevia (Optional)

1 tbsp MCT oil/Powder or

Coconut Oil

30ml Unflavored Protein Powder (Optional)

Instructions:

1. Add all ingredients to blender and Blend.
2. Optional – Add Ice to blender before blending to get a thicker smoothie.