

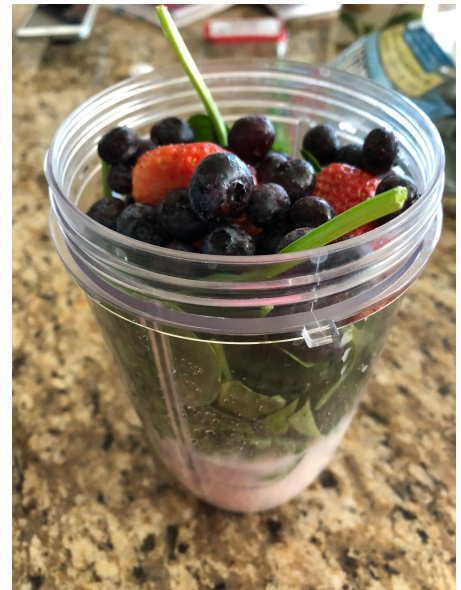
Keto Fat Bomb Smoothies

We don't make these ALL the time, but when we do, we LOVE them! In fact, the whole family loves them, which is awesome since they're so healthy. A perfect lunch for us, or afternoon snack for the Keto Kids!

Recipe:

- 1 cup Almond Milk, Unsweetened
- 1 Medium Avocado
- 1/3 cup Plain Greek Yogurt (Fage brand)
- 1 tbsp MCT Oil
- 1/4 tsp Sweetener
- 1 cup Spinach
- 1/4 cup mixed berries

Blend ingredients until desired thickness and enjoy!



Choose the Ingredients you want! Need to lower the carbs?

- Keep the number of berries small - less than 1/4 cup. Add more spinach!
- Eliminate the Greek Yogurt - even the best still have carbs you may want to avoid
- If you're getting too much fat, use almond milk instead of heavy cream - this can also make it dairy free!

Macros: Calories: 170, Fat: 15g, Carbs: 6g, Fiber: 3g (Net Carbs 3), Protein: 5g

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