

The image features four glass jars of smoothies arranged vertically on a white marble surface. The top jar contains a yellow-orange smoothie with a striped straw, surrounded by a halved avocado and lemon slices. The second jar is a green smoothie with a striped straw, accompanied by spinach leaves and a pear. The third jar is a pinkish-red smoothie with a striped straw, flanked by strawberries and banana slices. The bottom jar is a dark purple smoothie with a striped straw, garnished with raspberries and shredded coconut. The text '20 FREE KETO SMOOTHIE RECIPES' is overlaid in the center in a bold, purple font.

**20 FREE KETO
SMOOTHIE
RECIPES**



PEANUT BUTTER COCONUT SMOOTHIE

Ingredients:

- ½ cup coconut milk, unsweetened, canned
- ¼ avocado, frozen
- ½ tbsp peanut butter
- ½ tbsp chia seeds, soaked
- 1 tsp cocoa powder, unsweetened
- ½ tbsp coconut oil
- ice/water if needed
- ½ tbsp coconut flakes for decoration

Nutritional Information and Health Benefits:

Energy: 464.5 kcal, Protein: 6.8 g, Fat: 4.7 g, Net Carbs: 6.1 g

This smoothie is rich in omega-3 fatty acids, antioxidants, fiber, iron and calcium. It is also an excellent source of vitamin B2, B3, B5 and B6. The drink is a source of manganese, phosphorus, copper, selenium as well as magnesium.



CARROT SMOOTHIE

Ingredients:

- ¼ cup coconut milk, unsweetened, canned
- ½ a medium carrot
- ¼ cup coconut yogurt, unsweetened
- 1tbsp sesame seed tahini
- ½ tsp stevia or another low-carb sweetener
- ¼tsp cinnamon, ground
- 1/8tsp nutmeg
- ice (optional)

Nutritional Information and Health Benefits:

Energy: 241.5 kcal, Protein: 14.5 g, Fat: 21.9 g, Net Carbs: 6.8 g

This smoothie is rich in beta-carotene, easily convertible to vitamin A in the body. Furthermore, it is an excellent source of vitamin K, potassium, vitamin E and vitamin B6. This drink is rich in antioxidants, has anti-inflammatory and antibacterial properties, strengthens the immune system, protects the liver and kidney function.



PROTEIN STRAWBERRY SMOOTHIE

Ingredients:

- 1/2 cup coconut milk, unsweetened, canned
- 1/2 cup strawberries, frozen
- 1/2 scoop protein powder (of any choice, preferably strawberry flavor or vanilla, chocolate is also possible)
- 1tbsp coconut oil
- 1/4 tsp stevia or another low-carb sweetener
- 1tbsp lime juice

Nutritional Information and Health Benefits:

Energy: 426 kcal, Protein: 35.5 g, Fat: 36.8 g, Net Carbs: 10 g

This smoothie is rich protein, vitamin C, manganese, folate, potassium and antioxidants. It also has some amounts of iron, calcium and vitamin B6.

The image features a top-down view of four glass jars filled with smoothies, each with a striped straw. The jars are arranged vertically. The top jar contains a yellow smoothie, surrounded by a halved avocado and several lemon slices. The second jar contains a green smoothie, with a halved pear and a sprig of parsley nearby. The third jar contains a pink smoothie, accompanied by strawberries and banana slices. The bottom jar contains a dark purple smoothie, with several raspberries scattered around it. The background is a light-colored, possibly marble, surface.

FRESH CUCUMBER SMOOTHIE

Ingredients:

- 1 cucumber (around 200 g)
- ½ avocado
- a pinch of sea salt
- juice of ½ lemon
- ½ parsley sprig
- water as much as you want

Nutritional Information and Health Benefits:

Energy: 196 kcal, Protein: 3.6 g, Fat: 15.3 g, Net Carbs: 9.8 g

This smoothie is rich in dietary fiber, folate, iron, magnesium, potassium, vitamin C as well as vitamin B2, B3 and B5.

The image features three glass jars filled with smoothies, each with a striped straw. The top jar contains a yellow-orange smoothie, surrounded by a sliced avocado and several lemon wedges. The middle jar contains a green smoothie, surrounded by a sliced pear and a small piece of broccoli. The bottom jar contains a pink smoothie, surrounded by strawberries and banana slices. The background is a light-colored, textured surface.

DETOX SMOOTHIE WITH SPIRULINA

Ingredients:

- ½ cucumber (around 100 g)
- ¼ cup spinach
- 1 slice of celery head
- juice of ½ lemon
- one 5 mm slice ginger
- ½ avocado
- 1 tsp wheat grass
- 1 tsp spirulina

Nutritional Information and Health Benefits:

Energy: 199.4 kcal, Protein: 6.1 g, Fat: 15.2 g, Net Carbs: 8.6 g

This smoothie is an excellent source of vitamin K, vitamin A, vitamin C, iron, magnesium, vitamin B2, B3, B5. It is also very rich in fiber and potassium.



BLUEBERRY CHOCOLATE PROTEIN SMOOTHIE

Ingredients:

- 1 cup almond milk, unsweetened
- ¼ cup blueberries
- 1 tsp vanilla extract
- 1 tsp coconut oil
- ½ scoop protein powder, chocolate flavor

Nutritional Information and Health Benefits:

Energy: 216 kcal, Protein: 25 g, Fat: 7.2 g, Net Carbs: 7 g

This smoothie is rich in protein, copper, beta-carotene, folate, choline, vitamins A and E, as well as manganese. It also prevents tooth decay, due to the properties of vanilla.



GREEN TEA SMOOTHIE

Ingredients:

- ½ cup green tea, chilled
- ½ cup spinach leaves
- ½ kiwi, peeled
- 1/8 avocado
- ¼ small banana
- ¼ tsp ginger, ground

Nutritional Information and Health Benefits:

Energy: 86.5 kcal, Protein: 1.7 g, Fat: 4.1 g, Net Carbs: 10 g

This smoothie is a healthy source of fiber, potassium, vitamin B6, B5, B3 and B2, vitamin C, vitamin K, vitamin E, folate, as well as antioxidants, iron and magnesium. This healthy drink reduces muscle soreness and pain and has anti-inflammatory effects.



BERRY SMOOTHIE

Ingredients:

- 1 cup berry mix, frozen
- ½ cup almond milk, unsweetened
- 1 tbsp chia seeds, soaked
- ½ cup ice cubes, crushed

Nutritional Information and Health Benefits:

Energy: 151 kcal, Protein: 3.9 g, Fat: 4 g, Net Carbs: 9.9 g

This smoothie is rich in omega-3 fatty acids, antioxidants, fiber, iron and calcium. It is also a great source of manganese, phosphorus, copper, selenium and magnesium.



RASPBERRY CHEESECAKE SMOOTHIE

Ingredients:

- 2 tbsp cream cheese, softened
- ½ cup almond milk, unsweetened
- ¼ cup whipped cream
- ¾ cup raspberries, frozen
- 1 rich tea biscuit (Maria Cookie for example)
- ½ cup ice cubes, crushed

Nutritional Information and Health Benefits:

Energy: 388.8 kcal, Protein: 5.4 g, Fat: 33.4 g, Net Carbs: 11.9 g

This smoothie is very rich in antioxidants, as well as vitamin C and vitamin K. It also has some vitamin E, manganese and vitamin B6.

A top-down view of four glass jars filled with smoothies, each with a striped straw. The jars are arranged vertically. The top jar is yellow, the second is green, the third is pink, and the bottom is dark purple. Surrounding the jars are various fresh ingredients: a halved yellow bell pepper, lemon slices, a halved pear, strawberries, banana slices, and raspberries.

TOMATO DETOX SMOOTHIE

Ingredients:

- 1 ½ cup spinach
- 1 tomato small
- 1 carrot
- ½ beet beetroot
- ½ stalk celery
- 1 sprig parsley
- water

Nutritional Information and Health Benefits:

Energy: 67.5 kcal, Protein: 3.7 g, Fat: 0.5 g, Net Carbs: 9.6 g

This smoothie an excellent source of vitamin K, vitamin A, vitamin C, iron, magnesium, vitamin B2, potassium, fiber, folate and beta-carotene.



VANILLA STRAWBERRY SMOOTHIE

Ingredients:

- 1 cup coconut milk, unsweetened, canned
- juice from ½ lemon
- ½ tsp vanilla extract
- 5 strawberries
- ice (optional)

Nutritional Information and Health Benefits:

Energy: 426 kcal, Protein: 5 g, Fat: 48.3 g, Net Carbs: 10 g

This smoothie is very rich in antioxidants, vitamin C, manganese, folate and potassium. It helps prevention of tooth decay.

The image features a top-down view of four glass jars filled with smoothies, each with a striped straw. The jars are arranged vertically. The top jar contains a yellowish-orange smoothie, surrounded by a sliced kiwi and several lemon wedges. The second jar contains a green smoothie, with a sliced pear and a small piece of broccoli nearby. The third jar contains a pink smoothie, accompanied by strawberries and banana slices. The bottom jar contains a dark purple smoothie, with several raspberries scattered around it. The background is a light-colored, possibly marble, surface.

BLUEBERRY SPINACH SMOOTHIE

Ingredients:

- 1/3 cup blueberries
- 1/2 cup spinach
- 1/4 small banana
- 1 cup almond milk, unsweetened

Nutritional Information and Health Benefits:

Energy: 84 kcal, Protein: 2.2 g, Fat: 2.9 g, Net Carbs: 11 g

This low-calorie smoothie is a great source of fiber, potassium, vitamin B6, vitamin C, vitamin A, vitamin K, iron, magnesium, vitamin B2 and manganese. It is also rich in copper, beta-carotene and folate.

A collage of four smoothie jars, each with a different color and ingredients. The top-left jar is yellow, the top-right is green, the middle is pink, and the bottom is dark purple. Each jar has a striped straw. Surrounding the jars are various fruits and vegetables: a kiwi, fennel, avocado, lettuce, water, kiwi, pear, strawberries, banana, and raspberries.

FRESH KIWI AND LETTUCE SMOOTHIE

Ingredients:

- 1 kiwi, peeled
- ¼ bulb fennel
- ¼ avocado
- 1/3 cup lettuce
- ½ cup water (and/or some ice)

Nutritional Information and Health Benefits:

Energy: 131.5 kcal, Protein: 2.5 g, Fat: 7.9 g, Net Carbs: 9.7 g

This smoothie is a great source of fiber, vitamin C, vitamin K, vitamin E, vitamin A, folate, as well as antioxidants, magnesium, potassium, selenium, copper, zinc and vitamins B2, B3, B5 and B6.

The image features three glass jars filled with smoothies, arranged vertically. The top jar contains a yellowish-orange smoothie, the middle one a green smoothie, and the bottom one a pinkish-red smoothie. Each jar has a striped straw. Surrounding the jars are various fresh ingredients: a halved yellow fruit (possibly a mango or pineapple), several orange slices, a halved pear, a strawberry, a banana slice, and some dark berries (possibly raspberries or blackberries).

SEED SMOOTHIE WITH GREENS

Ingredients:

- ½ cup almond milk, unsweetened
- ½ cup kale
- 1 ½ cup spinach
- ¼ small banana
- 3 strawberries
- ½ tbsp chia seeds, soaked (preferably)
- 1 tsp hemp seeds
- ice

Nutritional Information and Health Benefits:

Energy: 113.5 kcal, Protein: 5.2 g, Fat: 5.8 g, Net Carbs: 10.4 g

This smoothie is an excellent source of source of fiber, potassium, vitamin B6, vitamin C, vitamin A. The chia seeds provide iron and calcium and are full of omega-3 fatty acids, as well as folate. It has also vitamin K, essential for maintaining bone health. The smoothie also contains copper, selenium and phosphorus. This drink is also a source of healthy fats and zinc.



FANTASTIC YELLOW SPICE SMOOTHIE

Ingredients:

- 1/2 cup coconut milk, unsweetened, canned
- 1 cup almond milk, unsweetened
- 1 tsp stevia or another low-carb sweetener
- 1 tbsp turmeric, ground
- 1 tsp ginger, ground
- 1 tsp cinnamon, ground
- 1 tbsp coconut oil
- 1 tbsp chia seeds, soaked

Nutritional Information and Health Benefits:

Energy: 481 kcal, Protein: 6.5 g, Fat: 45.6 g, Net Carbs: 8.4 g

This smoothie is an excellent source of omega-3 fatty acids, fiber, iron and calcium. It is also rich in antioxidants, manganese, phosphorus, copper, selenium and magnesium. It has anti-inflammatory properties and reduces muscle soreness and pain.



GREEN LOW CALORIE SMOOTHIE

Ingredients:

- 2 slices of pineapple
- juice from 1 lemon
- 1 cup spinach leaves
- ½ cup water
- ¼ tsp ginger, ground

Nutritional Information and Health Benefits:

Energy: 46 kcal, Protein: 6 g, Fat: 0.2 g, Net Carbs: 9.9 g

This smoothie is an excellent source of vitamin K, vitamin A, vitamin C, iron, magnesium, vitamin B2 and potassium. This healthy drink possesses anti-inflammatory properties and cures muscle soreness and pain.



COCOA-NUT SMOOTHIE WITH BLACKBERRIES

Ingredients:

- 1 cup coconut milk, unsweetened, canned
- ½ tsp stevia or another low-carb sweetener
- 1/8 avocado
- ¼ cup blackberries
- ½ tsp chia seeds, soaked
- 1 tsp cocoa powder, unsweetened
- ½ tbsp almond butter

Nutritional Information and Health Benefits:

Energy: 565.5 kcal, Protein: 7.9 g, Fat: 57.5 g, Net Carbs: 9.2 g

This smoothie is rich in omega-3 fatty acids, antioxidants, fiber, iron and calcium, vitamin B2, B3 and B5. It is also a source of vitamin A and C, as well as manganese, potassium, phosphorus, copper, selenium and magnesium.

A collage of four smoothie jars with various fruits and ingredients scattered around them. The top jar is yellow, the middle is green, the bottom-left is pink, and the bottom-right is dark purple. Each jar has a striped straw. Surrounding the jars are fresh ingredients like lemons, raspberries, strawberries, bananas, and a pear.

RASPBERRY PURE COCONUT SMOOTHIE

Ingredients:

- 1 cup almond milk, unsweetened
- 1 cup raspberries
- 1 tbsp chia seeds, soaked
- ¼ tsp cinnamon, ground
- 1 tsp coconut flakes

Nutritional Information and Health Benefits:

Energy: 208.5 kcal, Protein: 4.9 g, Fat: 11.9 g, Net Carbs: 8.5 g

This smoothie is a great source of omega-3 fatty acids, antioxidants, fiber, iron and calcium. It is also very rich in vitamin C and vitamin K. The drink has some vitamin E, manganese and vitamin B6, selenium, copper and phosphorus.



CHOCOLATE SMOOTHIE WITH GREENS

Ingredients:

- ½ cup coconut milk, unsweetened, canned
- 1 slice zucchini
- ¼ cup spinach
- ¼ cup romaine lettuce
- ½ avocado
- 1 tbsp chia seeds, soaked
- 2 tbsp cocoa powder

Nutritional Information and Health Benefits:

Energy: 489 kcal, Protein: 8.7 g, Fat: 44.8 g, Net Carbs: 8.4 g

This smoothie is rich in vitamin C, vitamin K, folic acid, iron and calcium. It is also a source of vitamin B2, B5, B3, magnesium, potassium, fiber, copper, phosphorous and selenium. This smoothie improves the nitric oxide levels, improves blood flow and brain function and may improve symptoms of type 2 diabetes, due to the benefits of cocoa.



SUPER LOW CARB GREEN TAHINI SMOOTHIE

Ingredients:

- ¼ cup spinach
- ¼ cup arugula
- juice of ½ lemon
- 1 tbsp sesame tahini
- 3 stalks celery
- water according to preference
- stevia or another artificial sweetener (optional)

Nutritional Information and Health Benefits:

Energy: 97.3 kcal, Protein: 3.6 g, Fat: 8.4 g, Net Carbs: 2.8 g

This smoothie is an excellent source of vitamin C, vitamin K, vitamin A, potassium, phosphorus, manganese, folic acid, iron and calcium. The drink has antibacterial properties, has anti-inflammatory compounds and strengthens the central nervous system. Furthermore, it also protects the liver and kidney function and may have anticancer effects.