

Keto Alkaline Green Smoothie

Ingredients:

1 ripe avocado - peeled, deseeded
1 stick celery - chopped
Handful spinach or kale
Juice of 1 lime or lemon
½ apple - chopped (optional)
5 stevia drops (optional)
Water – as desired for consistency

Optional extras:

Wheatgrass powder – ½ tsp
Spirulina powder – ½ tsp

Preparation:

Wash ingredients, place all in blender.
Blend, pour, drink, enjoy!

Nutrition:

350 calories (300 without apple)
15g net carbs (7 without apple), 27g fat, 7g protein, 1750mg Potassium

“This smoothie will activate your body’s energy & ketone production. Plus, it provides a lot of your necessary alkaline electrolytes that are often missing from many people’s ketogenic diet.”

- Laura Rimmer, Keto & Alkaline Diet Nutritionist & Author

Enjoy!

