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KETO SMOOTHIE RECIPES

• WRITTEN BY •
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CREAMY CHOCOLATE

Ingredients:

- 1/2 avocado
- 1/4 cup ice
- 1.5 cups coconut milk
- 1/2 tbs red cocoa powder
- 1/4 cup spinach
- dash of sea salt
- liquid stevia or sweetener of choice
- Protein Powder of choice (I recommend Ancient Nutrition Collagen Chocolate Bone Broth)

Add all ingredients to a blender and ENJOY!.



BEET THE HEAT

Ingredients:

- 1/4 cup ice
- 1.5 cups coconut milk
- 1/4 cup frozen beets
- 1/4 cup frozen cauliflower
- 1 tbs hemp hearts
- liquid stevia or sweetener of choice
- Protein Powder of choice (I recommend Ancient Nutrition Vanilla Multi Collagen)

Add all ingredients to a blender and ENJOY!.





GREEN DREAM

Ingredients:

- 1 cup frozen organic spinach
- 1.5 cups coconut milk
- 1/4 cup frozen zucchini
- 5 chunks frozen pineapple
- 1 tbs chia seeds
- liquid stevia or sweetener of choice
- Protein Powder of choice (I recommend Ancient Nutrition Vanilla Multi Collagen)

Add all ingredients to a blender and ENJOY!.





LIQUID GOLD

Ingredients:

- 1 cup frozen zucchini
- 1.5 cups coconut milk
- 1/2 tsp organic turmeric (powder or fresh)
- Pinch of organic ginger (powder or fresh)
- Pinch of cardamon
- 5 chunks frozen mango
- 1 tbs hemp hearts
- liquid stevia or sweetener of choice
- Protein Powder of choice (I recommend Ancient Nutrition Vanilla Multi Collagen)

Add all ingredients to a blender and ENJOY!.





CHOCOLATE MINT

Ingredients:

- 1 cup frozen zucchini
- 1.5 cups coconut milk
- 4 leaves fresh mint (or peppermint essential oil to taste)
- 1/2 tbs red cocoa powder
- 1 tbs cacao nibs
- 1 tbs hemp hearts
- liquid stevia or sweetener of choice
- Protein Powder of choice (I recommend Ancient Nutrition KETO Chocolate Protein)

Add all ingredients to a blender and ENJOY!





VERY BERRY

Ingredients:

- 1/2 cup frozen zucchini
- 1/4 cup frozen berries
- 1.5 cups coconut milk
- 1 tbs ground flax
- 1/4 cup avocado
- liquid stevia or sweetener of choice
- Protein Powder of choice (I recommend Ancient Nutrition Vanilla Bone Broth Collagen)

Add all ingredients to a blender and ENJOY!.



COCONUT BLISS

Ingredients:

- 1/2 cup frozen coconut
- 1/4 cup frozen cauliflower
- 1.5 cups coconut milk
- 1 tbs hemp heart
- 1 tsp pure vanilla bean
- liquid stevia or sweetener of choice
- Protein Powder of choice (I recommend Ancient Nutrition Vanilla Bone Broth Collagen)

Add all ingredients to a blender and ENJOY!.



DETOX SMOOTHIE

Ingredients:

- 1/2 cup organic celery
- 1/2 organic kale
- 1 tbs lemon juice
- 1.5 cups water
- 1/2 frozen grapefruit
- liquid stevia or sweetener of choice
- 1 scoop greens powder (I recommend Progressive Vege Greens)

Add all ingredients to a blender and ENJOY!.