

# Low-carb Smoothie



Start your mornings sipping a glass of low-carb berries blended with the creamy coconut milk & baby spinach. This healthy & delectable smoothie is a must-try!

## Ingredients for 2 serving (US/Metric)

- 79g / 2.8oz **Strawberries**
- 85g / 3oz **Blackberries**
- 88g / 3.1oz **Raspberries**
- 136g / 4.8oz **Baby spinach**
- 1 cup **Coconut milk**

## Nutrition (US/Metric)

- **Protein:** 8%
- **Fat:** 74%
- **Net carbs:** 18%

## **Instructions**

1. Blend the strawberries, raspberries, blackberries, baby spinach & coconut milk into a smooth texture.
2. Pour in your favorite smoothie mug. Garnish with fresh coconut gratings & raspberries. Enjoy!