

# KETO Smoothie



*Smoothies can make for a substantial snack or even a light breakfast.*

*1) Start with a handful or two of frozen berries. Berries are a fantastic source of antioxidants and are great for your skin health. Blueberries, blackberries, and raspberries are a few popular options to choose from.*

*2) To ensure that the smoothie has a creamy texture, pour in some coconut cream. Not only will this add a wonderful flavor, but it will also contribute healthy fats to satiate your palette.*

*3) Lastly, throw in a few handfuls of your favorite green. Spinach, kale, and chard are all nutritious options, and feel free to use a combination.*

*4) If desired, add a squeeze of lemon juice to brighten the flavors, and blend!*