

# Keto Green Smoothie

Recipe by Joy McCarthy from Joyous Health

## Ingredients:

- 2 cups chopped leafy greens (kale, romaine or spinach)
- 1/3 cup chopped pineapple
- Half a cucumber
- Thumb size ginger
- 1 lime, peeled
- 1/2 avocado
- 5-10 drops liquid stevia
- 3-4 cups filtered water
- 1 spoonful of coconut butter or coconut oil
- 1/2 tsp ground cinnamon

## Instructions:

1. Combine all ingredients into a high power blender and blend until fully combined. Enjoy immediately or refrigerate and enjoy within 12-24 hours.

## Notes:

If you're following a traditional diet of only 20 net carbs per day this smoothie will likely put you over as it's anywhere from 8-10 net carbs. If you're following your own version of keto, the slurp away!