



5 Delicious Low-Carb Smoothies



Hello!

I've put together a few low-carb smoothie recipes for you. Enjoy for breakfast, or as a post-workout snack, or maybe just when you're craving something a little sweeter. Need specific recommendations or customization? Feel free to reach out to me at taft@taftdrapernutrition.com.

Here's to nourishing food and better health!

- Taft

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Strawberry Smoothie

Ingredients

- 1 scoop of protein powder
- 1 cup of leafy greens
- 1 cup milk of your choice
- 4 oz of frozen or fresh strawberries
- 1/2 tsp vanilla extract

Instructions

Add all ingredients to a blender. Blend until smooth and incorporated. Scrape down the sides if necessary. Pour and serve.



Chocolate Chip Macadamia Nut Smoothie

Ingredients

- 1 scoop protein powder
- 1 cup milk of your choice
- 2 tbsp macadamia nuts
- 1 tbsp coconut butter
- 2 tbsp chia seeds
- 1 tbsp cacao
- 1 tbsp flax meal

Instructions

Add all ingredients to a blender. Blend until smooth and incorporated. Scrape down the sides if necessary. Pour and serve.



Avocado Blueberry Smoothie

Ingredients

- 1 scoop of protein powder
- 1 1/2 cups fresh or frozen blueberries
- 1 cup baby spinach
- 1/2 peeled avocado
- 3/4 cup nut milk of your choice
- 1/2 cup plain greek yogurt
- 2 tbsp coconut unsweetened
- 1 tbsp flax meal

Instructions

Add all ingredients to a blender. Blend until smooth and incorporated. Scrape down the sides if necessary. Pour and serve.



Green Smoothie

Ingredients

- 1 scoop of protein powder
- 1 1/4 cups nut milk of your choice
- 2 ice cubes (optional)
- 2 cups of spinach
- 1/2 peeled avocado
- 1 tbsp of flax meal
- 5 drops of vanilla stevia

Instructions

Add all ingredients to a blender. Blend until smooth and incorporated. Scrape down the sides if necessary. Pour and serve.



Pumpkin Mocha Smoothie

Ingredients

- 1 scoop protein powder
- 3/4 cup milk of your choice
- 1 cup brewed coffee
- 2 tbsp pumpkin puree
- 1 tbsp unsweetened cocoa powder
- 1/2 tsp pumpkin spice
- 1 tsp vanilla extract
- 1 tsp stevia

Instructions

Add all ingredients to a blender. Blend until smooth and incorporated. Scrape down the sides if necessary. Pour and serve.