
Kiwi Cucumber Avo Smoothie

Modified recipe from [The Keto Beginning](#) meal plan and program for women.

1 net carb per serving.



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Servings: 4

4 c filtered water (or crushed ice)
1 c romaine lettuce (sub spinach or any dark leafy green)
1 tbsp fresh parsley
1/2 c cucumber, peeled
1/4 c kiwi fruit, peeled and chopped
1/2 avocado, pitted and scooped
stevia (or equiv), to taste

DIRECTIONS

Place ingredients in a blender and blend until smooth.

Garnish with fresh mint leaves, parsley, raspberries or blueberries. Serve cold.

Lasts several days in the fridge. Mix or shake well before serving.

Per Serving: 51 Calories; 4g Fat (62.2% calories from fat); 1g Protein; 4g Carbohydrate; 3g Dietary Fiber.

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