

# BERRY GREEN SMOOTHIE

Serves 2 / Prep time: 10 minutes

*You might be taken aback by the unusual color of this smoothie—it's kind of greenish brown—but the taste is similar to raspberry cheesecake. Kale is a perfect addition to smoothies because it has a less assertive taste than some other greens. Kale is also a spectacular source of vitamin K and very high in vitamins A and C.*

1 cup water

½ cup raspberries

½ cup shredded kale

¾ cup cream cheese

1 tablespoon coconut oil

1 scoop vanilla protein powder

1. Put the water, raspberries, kale, cream cheese, coconut oil, and protein powder in a blender and blend until smooth.
2. Pour into 2 glasses and serve immediately.

**PER SERVING** Calories: 436; Fat: 36g; Protein: 28g; Carbs: 11g; Fiber: 5g;  
Net Carbs: 6g; Fat 70%/Protein 20%/Carbs 10%



KETO QUOTIENT

NUT FREE  
VEGETARIAN  
UNDER 30 MINUTES