# Keto Protein Smoothie: Raspberry Lemon Burst

Frozen avocado and berries blended for a thick and creamy texture



| PREP | TOTAL | SERVES | CALORIES |
|---|---|---|---|
| 5 min | 5 min | 1 servings | 240 kcal |

## Ingredients

- 120 ml unsweetened almond milk
- 30 g whey protein isolate, vanilla flavour
- 80 g frozen mixed berries, raspberry, blueberry, strawberry
- 75 g frozen avocado cubes
- 10 ml MCT oil
- 5 ml fresh lemon juice
- 2 g stevia powder
- 1 g sea salt

## Instructions

1. Prepare the base: Measure the unsweetened almond milk and pour it into the blender jug. Add the vanilla whey protein isolate on top of the liquid. This layering prevents the powder from sticking to the bottom.
2. Add frozen components: Stir in the frozen mixed berries. Drop the frozen avocado cubes into the blender. You use frozen ingredients to ensure the drink stays cold and creamy without diluting the flavour with ice.
3. Combine remaining flavours: Drizzle the MCT oil into the jug. Add the fresh lemon juice, stevia powder and sea salt. The salt enhances the berry notes and balances the sweetness of the stevia.
4. Blend the mixture: Secure the blender lid and blend on high for 30–45 seconds. Process until the mixture is thick, creamy and smooth. You want a uniform texture with no visible fruit chunks.
5. Adjust the consistency: Taste the smoothie. If the shake feels too thick, add a splash of 10–15 ml of almond milk and blend for a few more seconds. Add a pinch more stevia if you prefer extra sweetness.

6. Serve the drink: Pour the shake into a 350 ml glass. Sprinkle a handful of crushed almonds or a few whole berries on top. Serve immediately to maintain the vibrant colour and chilled temperature.

## Notes

What to serve with itPair this drink with a boiled egg or a slice of smoked salmon to create a protein-dense breakfast. For more nutrients, serve the smoothie with a handful of chia seeds or hemp hearts. These additions provide extra fibre and omega-3s to complement the fats in the MCT oil.

Storing and reheatingConsume this smoothie immediately to maintain the best texture and flavour. If you must store it, divide the mixture into freezer-proof containers for up to 3 months. Thaw the portions overnight in the refrigerator or microwave for 30 seconds before blending the mixture again to restore the creaminess.