



KETO STRAWBERRY SPINACH SMOOTHIE

Makes 1 serving | Serving size: 1 smoothie

PREP TIME

5 min

COOK TIME

0 min

TOTAL TIME

5 min

This smoothie isn't particularly sweet, but it grows on you as you sip away. Most people on our team really enjoyed starting the day with this simple smoothie, as it was a little easier on the stomach than other high-fat dishes.

Ingredients

- 1 cup heavy whipping cream
- 1 cup spinach
- ½ cup strawberries, sliced (fresh or frozen)

Directions

1. Blend all ingredients together until smooth.
2. Drink up!

