

SIMPLE STRAWBERRY SMOOTHIE

Makes 1.

By Dennis W. Viau; an original recipe.

Some fruits are so delicious they are worth enjoying without a lot of added flavors. If you like the flavor of strawberries, this smoothie is for you. Additionally, it is easy to make. If made with the optional ricotta cheese, the fat content will be higher and therefore better for those on a keto diet.



Ingredients:

1 cup (frozen) sliced strawberries (100g)
1 cup (240ml) almond milk
1 tablespoon ricotta cheese (optional)
1 packet stevia sweetener

Directions:

Combine all the ingredients, in the order above, in the jar of a high-end blender such as a Vitamix. Start blending at low speed and slowly increase the speed to high. Blend about 40 seconds or until smooth.

If using a conventional blender that might be damaged by ice, allow the frozen pieces to thaw before blending.

Nutrition:

The following is from package Nutrition Facts labels (including ricotta):

Fat: 5 grams

Protein: 2 grams

Carbohydrates: 12 grams

Fiber: 3 grams