31 Keto Smoothie Recipes To Start Your Day With

https://ketosummit.com/keto-smoothie-recipes

This list contains the links to the recipes on the internet. We cannot write out the full recipes because they're not all our own recipes. We've indicated ingredients that each recipe contains so you know before clicking on the link if it'll work for you.

Dairy-Free Low Carb Green Smoothies

**Ketogenic Breakfast Smoothie**
- Keto Summit
**Ingredients:** spinach, almonds, brazil nuts, coconut milk, greens powder, whey protein, potato starch, psyllium seeds (or psyllium husks).

This delicious green smoothie recipe uses Amazing Grass greens powder as well as fresh spinach. Add in some brazil nuts for its selenium and some almonds for a nutty flavor, and you have a healthy, nutritious and delicious keto breakfast smoothie.

**Keto Spinach Avocado Green Smoothie**
- Keto Summit
**Ingredients:** spinach (or other leafy greens), coconut milk (unsweetened – from refrigerated cartons, not cans), avocado, vanilla extract, sweetener.

Not all smoothies are created equal, but you can rest assured that this keto spinach avocado green smoothie is both delicious and nutritious!

**Keto Lemon Ginger Green Juice Shots**
- Keto Summit
**Ingredients:** kale, celery stalks, lemon juice, generous handful mint leaves, fresh ginger, erythritol.

Try these Keto lemon ginger green juice shots if you're looking for a boost.

**Refreshing Cucumber Celery Lime Smoothie**
- Paleo Flourish
**Ingredients:** celery, cucumber, lime, water, ice.
If you’re feeling like something light and refreshing when you wake up, then this is a great smoothie for cleansing your palate and hydrating your body. This is also perhaps the easiest of all 28 ketogenic smoothie recipes in this post.

**Easy Morning Green Smoothie**  
- That Paleo Couple  
**Ingredients:** cucumber, lemon, avocado, kale, water.

This super easy to make smoothie is chock full of vitamins and minerals the body needs and has a taste that is superb. With cucumber, avocado, lemon, and kale, this keto-friendly drink is slightly tangy but super yummy.

**Low Carb Green Smoothie – Dairy Free**  
- I Breathe, I'm Hungry  
**Ingredients:** filtered water, romaine lettuce, fresh pineapple, fresh parsley, fresh ginger, raw cucumber, kiwi fruit, avocado, granulated sugar substitute.

You can't beat starting your morning with a low carb drink that will fill you with all of the energy you need to get going. This yummy keto smoothie recipe mixes the sweetness of pineapple with a pop of ginger and creamy avocado to give you the ultimate flavor experience! (Check out this [blog post](#) on energy!)

**Anti-inflammatory Green Smoothie Recipe**  
- Wholesome Cook  
**Ingredients:** ice, cucumber, celery stalk, romaine lettuce leaf, lime, green powder, ginger powder, turmeric powder, water.

Cucumber, celery, romaine lettuce, and lime make this keto beverage a wonderfully green smoothie that gives your body a boost, especially after a workout.

Note: If you're loving the anti-inflammatory benefits of turmeric, consider giving our own [Turmeric Soothe](#) supplement a try!

**Green Keto Smoothie with Avocado and Mint**  
- Low Carb Yum  
**Ingredients:** avocado, coconut milk, almond milk, sweetener, mint, cilantro, lime, vanilla, ice.

Don't get bored with keto green smoothies! There are a ton of variations and Lisa's green keto smoothie recipe is refreshing and packed with nutrients. Don't omit the avocado in this drink - it makes the smoothie thicker and creamier.

**Matcha Collagen Smoothie**  
- The Castaway Kitchen
Ingredients: cauliflower florets, collagen, matcha, vanilla extract, stevia (optional), water, coconut milk, chia seeds, dark chocolate, coconut oil, shredded coconut (optional).

Wow - just take a look at the ingredients in this powerhouse keto smoothie. You know you'll be starting the day on a great note if you drink one of these. Try our CoBionic Indulgence collagen to turn your smoothie power up a notch.

Dairy-Free Keto Chocolate Smoothies

Chocolate Green Smoothie
- Ditch The Carbs
Ingredients: frozen berries of choice, coconut cream, spinach, cocoa powder, granulated sweetener of choice.

Enjoy a fruity but also chocolatey beverage with this easy keto smoothie recipe. And you might as well sneak in a bit of spinach while you're at it for added nutrition!

Low Carb Chocolate Almond Smoothie
- Primal Toad
Ingredients: almond milk, ice, stevia, almond butter, cacao powder, avocado.

This is one creamy and chocolatey smoothie. Avocado, almond milk, and almond butter all help to make it thick and creamy, almost like a good milkshake. So give this keto smoothie a try if you've been missing a creamy drink.

Dairy-Free Low Carb Fruity Smoothies

Keto Avocado Smoothie
- Keto Summit
Ingredients: coconut milk, vanilla extract, avocado, ice, stevia or erythritol.

Don't jeopardize your ketosis by having a "healthy" smoothie filled with sugar and carbs. This velvety avocado smoothie is totally Ketogenic, and perfect for your diet.

Keto Avocado Apple Coconut Smoothie
- Keto Summit
Ingredients: avocado, apple, coconut milk (unsweetened, from a carton), lime juice, collagen powder, MCT oil, unsweetened shredded coconut.

Want a Keto smoothie that filled with healthy fats and lots of flavor? Then give this Keto avocado smoothie a try - it's flavored with delicious apples and coconut!

Keto Blueberry Ginger Smoothie
- Keto Summit

**Ingredients:** blueberries, coconut yogurt, coconut milk, ginger, apple, collagen powder, MCT oil, stevia.

MCT oil is often touted as fantastic for boosting your ketone levels. So why not add it into your morning Keto smoothies and shakes! This blueberry delight will definitely tempt you into adding this healthy fat to your morning beverage.

**Low Carb Strawberry Crunch Smoothie**
- Delighted Momma

**Ingredients:** unsweetened vanilla almond milk, strawberries, cinnamon, almonds, chia seeds (optional).

If you're looking for a fruity low carb smoothie, then this one is for you. With sweet, sweet strawberry and a hint of spicy cinnamon, this smoothie should give you the satisfaction you're looking for.

**“Sleep In” Smoothie**
- Swiss Paleo

**Ingredients:** egg, water or coconut milk or almond milk, fruit (mix of berries), fresh spinach, avocado.

The concept for this ketogenic smoothie recipe is great – it’s a super easy but still great-tasting beverage that you could even make as you roll out of bed!

**Strawberry Coconut Smoothie**
- Anya’s Eats

**Ingredients:** nut milk, strawberries, coconut manna, chia seed, shredded coconut (optional).

Coconut and strawberries are a great combination for a sweet and nutritious treat. With only five simple ingredients, this smoothie is not only delicious, but a super quick and easy recipe to make. Simply take your ingredients and blend.

**Coconut Cherry Vanilla Smoothie**
- Everyday Maven

**Ingredients:** coconut milk, water, vanilla powder, ground sea salt, frozen organic sweet cherries, ice cubes.

What could possibly taste better than cherries and vanilla? A keto smoothie made out of both with coconut milk! This delicious treat will definitely curb that craving for sweets without being overwhelmingly sweet itself.

**Hearty Healthy Reds**
- The Fitchen
**Ingredients:** red cabbage, red bell pepper, roma tomato, strawberries, raspberries, cold water, ice cube (optional).

You might not have considered popping a bit of red cabbage in your smoothie, but this recipe is a must! With the deepest hues around, this colorful keto drink is sure to grab your attention and everyone else's.

**Blueberry Power Shake**
- Satisfying Eats
**Ingredients:** coconut milk, blueberries or strawberries, stevia, vanilla extract, virgin coconut oil (optional but recommended), gelatin (optional but recommended), ice cubes.

This power shake recipe is super easy to make and only has a few ingredients, making it a great beverage for those in a hurry. It has a great taste while ensuring you will get your daily dose of healthy fats.

**Coconut Milk Strawberry Smoothie**
- Low Carb Yum
**Ingredients:** frozen strawberries, unsweetened coconut milk, almond butter, stevia.

Keto smoothie recipes can be really simple - like this one. It's filled with healthy fats as well as delicious strawberry flavors. And all you have to do is dump it all in and blend.

**Low Carb Strawberry Smoothie**
- Wholesome Yum
**Ingredients:** frozen strawberries, unsweetened almond milk, avocado, erythritol.

Frozen berries are fantastic to add into your Keto smoothie recipes. You save the hassle of having to add in extra ice cubes to chill your drink. Just make sure not to add too much as they do add additional net carbs into your Keto diet.

**Other Keto Smoothies (Including Recipes With Dairy)**

**Keto Red Velvet Smoothie**
- Keto Summit
**Ingredients:** raspberries, cacao powder, coconut milk, water, crushed ice.

Your favorite cake in a smoothie form... breakfast doesn't get any better than that!

**Matcha Keto Smoothie Bowl**
- Keto Summit
**Ingredients:** matcha powder, greens powder [optional], coconut yogurt (or regular Greek yogurt), chia seeds, goji berries, coconut flakes, cacao nibs, stevia (optional).

This ketogenic smoothie bowl is filled with amazing superfood ingredients - like matcha powder, goji berries, chia seeds, and more. Plus, it's completely sugar-free, dairy-free (and nut-free) and low in carbohydrates so you can enjoy it on a ketogenic diet as well as a Paleo (or any other low carb diet).

**Keto Cinnamon Almond Butter Breakfast Shake**
- I Breathe, I'm Hungry

**Ingredients:** unsweetened nut milk, collagen peptides, almond butter, golden flax meal, cinnamon, liquid stevia, almond extract, salt, ice cubes.

You can’t help but lust after this yummy keto breakfast shake after seeing Mellissa’s photos. And she's boosted the nutrition in this morning drink by adding in collagen peptides (a great source of nutrition).

This is the only smoothie on the list containing flax meal, and it's worth adding into your diet. Registered Nurse **Tana Amen, RN** says, “Compared to other plants, flaxseed (but not oil) is extremely rich in compounds called ligands, which have antioxidant and plant estrogen properties. Flaxseed-derived ligands have been shown to reduce blood sugar and may also help combat some forms of cancer.”

**Key Lime Smoothie Bowl**
- Forest and Fauna

**Ingredients:** avocado, coconut milk, baby spinach, fresh key lime juice, lime zest, vanilla extract, sweetener.

Avocado, fresh spinach, and key lime juice make up this great smoothie recipe that tastes just like a key lime pie. Add some coconut milk and coconut flakes and you have a tropical drink that is not only truly delicious, but extra nutritious. A true drinkable dessert!

**Sugar- and Dairy-Free Ketogenic Smoothie Recipe**
- Breaking Muscle

**Ingredients:** coconut milk, ripe avocado, cacao powder, frozen cherries, turmeric, filtered water, ice cubes.

If you’re looking for a chocolate fix that won’t break your diet and tastes great, then look no further. This keto smoothie recipe mixes the age-old flavors of chocolate and cherries while being dairy-free and sugar-free.

**Low Carb Avocado Smoothie**
- Booze and Baking
**Ingredients**: milk or milk substitute, avocado, chia seeds, protein powder, gelatin (optional), sweetener, coconut oil (liquified), ice, cacao nibs.

Low carb smoothies are a thing of beauty, especially when you add the creaminess of avocado to the mix. Chia seeds help to thicken up the consistency and add added nutrients to this delicious keto drink.

**Low Carb Cold Brew Protein Shake Smoothie**  
- Peace, Love, and Low Carb  
**Ingredients**: cold brew coffee, almond milk, Rootz Paleo Chocolate Banana Nut Protein Powder, ice cubes.

Smoothies are a super way to get extra nutrients into your diet and adding protein powder can be a really great idea. This keto cold brew coffee recipe makes a wonderful start to the day - you'll be skipping out of the door!

**Low Carb Raspberry Lemonade Smoothie (Contains Dairy)**  
- All Day I Dream About Food  
**Ingredients**: frozen raspberries, Greek yogurt, freshly squeezed lemon juice, sweetener of choice, cream cheese, lemon zest, water, ice.

If you do well with dairy products, then this is a fantastic keto smoothie recipe to try. It's delicious creamy as well as filled with flavor from the frozen raspberries and the lemon zest.

**Keto Lemon Coconut Smoothie**  
- Tri Holistic Nutrition  
**Ingredients**: lemon, baby spinach, raw pumpkin or sunflower seeds, coconut milk, water, protein powder.

Start your day on a high note with this keto drink. It's like drinking lemon and coconut water in the morning - refreshing, nutritious, and energy boosting.