

# Low Carb Smoothie Bowl

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♥ [lowcarblove.com/blog/low-carb-smoothie-bowl](https://lowcarblove.com/blog/low-carb-smoothie-bowl)

July 7, 2022



Servings: 2

## Ingredients:

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¼ cup unsweetened almond milk

- 1 cup frozen strawberries
- 2 cups frozen raspberries
- ¼ cup frozen avocado
- 2-3 tbsp sweetener or Choczero maple syrup (discount code - lowcarblove)

## *Toppings of choice:*

- 1 tbsp Choczero chocolate chips (discount code - lowcarblove)
- 2 tbsp fresh blueberries
- 1 tbsp fresh blackberries

- 2 tbsp fresh strawberries
- 1 tbsp coconut shreds
- 2 tbsp low carb granola
- 1 tbsp crushed almonds or pecans

**Directions:**

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1. In a powerful blender, add your frozen fruit, sweetener and half of your liquid. Blend and watch your smoothie. If it needs more liquid, add your other half and blend until smooth.
2. Remove smoothie and place in a bowl.
3. Add your toppings of choice!

**Nutrition:**

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Nutrition per serving (no toppings):

- Calories - 175
  - Fat - 7g
  - Protein - 3g
  - Total Carbs - 27g
  - Net Carbs - 6g
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