Creamy Avocado Spinach Keto Shake

A rich, low-carb vegan smoothie blending creamy avocado, fresh spinach, and nutty flaxseed with coconut milk for a perfect protein boost.

Servings: 2 **Time:** 5 minutes

Ingredients

- 1 ripe avocado
- 1 cup unsweetened coconut milk
- 1 cup fresh spinach leaves
- 2 tablespoons ground flaxseed
- 1/2 teaspoon vanilla extract
- 1/2 cup ice cubes
- A pinch of sea salt
- Optional: 1 teaspoon keto-friendly sweetener

Instructions

1. Cut the avocado in half, remove the pit, and scoop the flesh into a blender.
2. Add the fresh spinach, ground flaxseed, unsweetened coconut milk, vanilla extract, and ice cubes to the blender.
3. Add a pinch of sea salt to enhance the flavors.
4. If desired, add keto-friendly sweetener to taste.
5. Blend on high until smooth and creamy.
6. Pour into two glasses and serve immediately.

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