

Keto Smoothies Made in Five Minutes or Less

Keto smoothies are an amazing trend that's taking off across recipe blogs everywhere - and we can see why.

[A keto diet can be tricky to get the hang of at first](#) (it's about eating a lot of vegetables and proteins and fats...right?)

That's why I often suggest starting out your keto diet by mastering some super simple and tasty recipes (like smoothies) to use as your go-to meals when you're stuck for ideas.

Why I Love Keto Smoothies

Another reason I love to suggest keto smoothies? The variety!

I've experimented a lot with my Magic Bullet and found that sometimes even the most unlikely combinations can create something really delicious.

Have you ever considered adding kelp, or maybe switching out that milk for herbal tea?

Try it!



Already mastered smoothies?

Test out some of our most popular keto recipes:

[Creamy Coconut and Cinnamon Fat Bombs](#)

[Really Good Low Carb Chili](#)

[Turkey Bacon Lettuce Wraps](#)

[Keto Brownies](#)

Keto Smoothies In Five Minutes or Less

Through all of my keto smoothie sampling, I've kept track of my favourites which include classics

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like Ultimate Detox and more creative combinations like Chocolate Mint.

I've shared the list below, all of which can be blended in less than five minutes and are completely keto-friendly.

Don't forget to share your own smoothie ingredient suggestions for me in the comments, happy blending!