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Method: Add pistachio and cashew to Nutribullet. Add ripe banana, mango and papaya. Add carrot and lettuce. Fill with coconut water until you get to the “ Max Line. ” Blend until smooth. Enjoy!

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Pour water over the top (add ice if you want). 50%
fruit (as many Add 1/8 to 1/4 nuts and/or seeds if
desired. varieties as possible!) Twist on the
NUTRIBULLET blade and blend until smooth. LEAFY

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Update! Please see our post on Keto Smoothies for how to formulate low carb, high fat smoothies. Those tend to be good for diabetes, and if you are seeking low fat, simply substitute other liquids for the high fat items. Here is the post: [Formulating Low Carb, Keto Smoothies](#). The post includes info on [...]

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