AVOCADO AND HAZELNUT SMOOTHIE

- 11g Flaxseed – LINWOODS milled organic
- 16g Hazelnuts
- 44g Raspberries
- 50g Avocado – flesh only
- 300g ALPRO almond milk
- 10g Coconut virgin oil – BIONA organic

You will also need a pinch of cinnamon.

Grind the flaxseeds and nuts in a blender.
Add the remaining ingredients.
Blitz until smooth.

** if you have any digestive issues, soak the nuts and seeds overnight.

This recipe will need to be adapted to EACH INDIVIDUALS prescription. Please take this recipe to your dietitian and he / she will help you to do this.

PLEASE DO NOT ATTEMPT ANY TYPE OF KETOGENIC DIET WITHOUT MEDICAL SUPERVISION