

Green Ginger Fab 4 Smoothie

A nutrient-dense low-glycemic smoothie with anti-inflammatory ginger, protein, and healthy fats to stabilize blood sugar and support sustained energy.

Prep: 3 min

Total: 3 min

Servings: 1

GL 1.2 / GI 19

Ingredients

Be Well By Kelly or similar low-carb vanilla protein vanilla protein powder

MCT oil

acacia fiber

cucumber, chopped

juice from half a lemon fresh lemon juice

or use a fresh ginger turmeric shot fresh ginger, grated

adjust amount for desired consistency filtered water or unsweetened almond milk

Instructions

Step 1

Gather all ingredients and ensure your protein powder, MCT oil, and acacia fiber are measured and ready. If using fresh ginger root, peel and grate it finely to release maximum flavor and beneficial compounds.

Step 2

Wash the cucumber thoroughly and chop it into small chunks to help your blender process it more easily. Cut the lemon in half and juice it, removing any seeds.

Step 3

Add the liquid base first to your high-powered blender - pour in 1 to 1.5 cups of filtered water or unsweetened almond milk depending on how thick you prefer your smoothie.

Step 4

Add the protein powder, MCT oil, and acacia fiber to the blender. These ingredients form the foundation of blood sugar stability by providing protein, healthy fats, and soluble fiber.

Step 5

Add the chopped cucumber, fresh lemon juice, and grated ginger to the blender. The cucumber adds hydration and minerals, while lemon brightens the flavor and ginger provides anti-inflammatory benefits.

Step 6

Secure the blender lid tightly and blend on high speed for 45-60 seconds until completely smooth and creamy. The mixture should be uniformly green with no visible chunks of cucumber or ginger.

Step 7

Taste and adjust consistency by adding more liquid if needed, or blend in a few ice cubes for a colder, thicker texture. Pour into a large glass and consume immediately for maximum nutrient retention and blood sugar benefits. For optimal glucose control, drink this smoothie slowly over 15-20 minutes rather than gulping it down.