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# 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 throughout your day.*

Prep: 3 min

Total: 5 min

Servings: 1

**GL 1.2 / GI 19**

## Ingredients

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**scoop size approximately 30g** vanilla protein powder

MCT oil

acacia fiber

cucumber, chopped

**juice from half a lemon** fresh lemon juice

fresh ginger, grated

**adjust amount for desired consistency** filtered water or unsweetened almond milk

## Instructions

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### Step 1

Gather all ingredients and ensure your protein powder, MCT oil, and acacia fiber are measured and ready. This preparation ensures smooth blending without interruption.

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## Step 2

Wash the cucumber thoroughly and chop into small chunks to facilitate easier blending. Cut the lemon in half and juice one half, removing any seeds.

## Step 3

Peel and grate the fresh ginger using a microplane or fine grater. Fresh ginger provides superior anti-inflammatory benefits compared to dried powder.

## Step 4

Add the liquid base first to your high-powered blender - start with 1 cup of filtered water or unsweetened almond milk. Adding liquid first prevents ingredients from sticking to the blades.

## Step 5

Layer in the remaining ingredients: protein powder, MCT oil, acacia fiber, chopped cucumber, lemon juice, and grated ginger. This layering technique ensures optimal blending.

## Step 6

Secure the blender lid and blend on high speed for 45-60 seconds until completely smooth and creamy. The mixture should be uniform with no visible chunks.

## Step 7

Check the consistency and add the remaining 1/4 cup of liquid if you prefer a thinner smoothie. Blend for an additional 10-15 seconds to incorporate.

## Step 8

Pour into a large glass and consume immediately for maximum nutrient retention. Drink slowly over 15-20 minutes to optimize blood sugar response and satiety signals.