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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](#)

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**10 Delicious Smoothies for
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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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A diabetic-friendly smoothie recipe made of blackberries, almond milk, banana,

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