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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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Strengthen your body with this great tasting and diabetic-friendly smoothie recipe made of mixed berries, fennel, almond milk, and sunflower seeds.

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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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