

# Keto Mexican Chocolate Shake

Hands-on 5 minutes Overall 5 minutes

**Nutritional values (per serving):** Total carbs: 14.4 g, Fiber: 8.2 g, **Net carbs: 6.2 g**,

Protein: 6 g, Fat: 52.1 g, Calories: 503 kcal,

[Original recipe, Keto Diet App - The ultimate low-carb diet app](#)



## Ingredients (per serving)

1/4 cup [coconut cream](#) (80ml)

2 tbsp [extra virgin coconut oil](#)

1 tbsp ground [chia seeds](#) (can be ground in a coffee grinder right before)

2 tbsp (10 grams) unsweetened [cocoa powder](#)

1/4 tsp organic [vanilla extract](#)

1/4 tsp [cinnamon powder](#)

1/4 tsp cayenne powder

1 cup water

ice as desired

## Instructions

Mix all the ingredients in a blender on high for about 1 minute.

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