

Vanilla Keto Smoothie

Hands-on 5 minutes Overall 5 minutes

Nutritional values (per serving): Total carbs: 5.1 g, Fiber: 0 g, **Net carbs: 5.1 g,**

Protein: 34.6 g, Fat: 45.2 g, Calories: 566 kcal,

Original recipe, Keto Diet App - The ultimate low-carb diet app



Ingredients (makes 1 serving)

2 large eggs or 1-2 tbsp chia seeds or 1-2 tbsp coconut butter or almond butter

1/2 cup soured cream or coconut milk (I like Aroy-D coconut milk)
(115 g / 4.1 oz)

1/4 cup vanilla or plain whey protein or egg white protein powder (Jay Robb) or collagen powder or plant-based NuZest (25 g / 0.9 oz)

1 tbsp MCT oil or extra virgin coconut oil

1 vanilla bean or 1 tsp vanilla extract (you can make your own)

3-5 drops Stevia extract

1/4 cup water + 1/2 cup ice

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Instructions

Place the soured cream, eggs, whey or egg white protein powder, water, vanilla, stevia and ice into a blender (I use Kenwood blender).

Pulse until smooth and serve immediately! You can use vanilla beans or sugar-free vanilla extract. If using vanilla beans, cut them lengthwise and scrape the tiny seeds out. I buy mine [in bulk on Amazon](#). Use either whey protein or egg white protein powder or hydrolysed gelatine powder. All of these work great. If you are worried about using raw eggs, try ground chia seeds or coconut butter instead. *If a recipe calls for raw eggs and you are concerned about the potential risk of Salmonella, you can make it safe by using pasteurized eggs. To pasteurize eggs at home, simply pour enough water in a saucepan to cover the eggs. Heat to about 60 °C/ 140 °F. Using a spoon, slowly place the eggs into the saucepan. Keep the eggs in the water for about 3 minutes. This should be enough to pasteurize the eggs and kill any potential bacteria. Let the eggs cool down and store in the fridge for 6-8 weeks.* Ideally, use MCT oil. If you don't have any, use coconut oil. Both MCT and coconut oil will boost fat burn and work great in this recipe. Just make sure you blend it well or the coconut oil will clump up. Unlike MCT oil, coconut oil solidifies easily. Enjoy!

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