

Creamy Keto Cinnamon Smoothie

Hands-on 5 minutes Overall 5 minutes

Nutritional values (per serving): Total carbs: 8.2 g, Fiber: 3.5 g, **Net carbs: 4.7 g,**

Protein: 23.6 g, Fat: 40.3 g, Calories: 467 kcal,

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



Ingredients (makes 1 serving)

- 1/2 cup [coconut milk](#) like [Aroy-D](#) (120 ml/ 4 fl oz)
- 1/2 cup water + few ice cubes
- 1 tbsp [MCT oil](#) or [extra virgin coconut oil](#)
- 1/2 tsp [cinnamon](#)
- 1 tbsp ground [chia seeds](#) (8 g/ 0.3 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)

Instructions

1. Add the coconut milk, protein powder, cinnamon and ground chia seeds in a blender (I use [Kenwood](#) with a blender attachment).
2. Add the MCT oil or coconut oil, water and ice. Both [MCT](#) and [coconut oil](#) will boost fat burning and work great in this recipe. MCT oil is more suitable for cold drinks, as it doesn't solidify like coconut oil does. If you use coconut oil, make sure you blend it well! Add ice and, optionally, a few drops of stevia.
3. Blend until smooth and serve immediately.
4. Enjoy!

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