

Creamy Keto Cinnamon Smoothie

Hands-on 5 minutes Overall 5 minutes

Nutritional values (per serving, 1 smoothie): 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)
- 1/2 cup water *or* unsweetened [almond milk](#) (120 ml)
- 1 tbsp [MCT oil](#) *or* [extra virgin coconut oil](#) (15 ml)
- 1/2 tsp [cinnamon](#) (make sure to use [Ceylon cinnamon](#))
- 1 tbsp ground *or* whole [chia seeds](#) *or* [flax meal](#) (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)
- ice to taste

Instructions

1. Add the coconut milk, protein powder, cinnamon and ground chia seeds in a blender.
2. Add the MCT oil or coconut oil, water and ice. Both MCT and coconut oil will work and you can even use macadamia oil or hazelnut oil. 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. Serve immediately with a sprinkle of cinnamon.

More great content on KetoDietApp.com

[Keto calculator](#)

[Best keto recipes](#)

[Complete keto diet food list](#)

[Expert articles & ketogenic guides](#)

[Keto Diet App](#)

[Free & premium keto diet plans](#)