

# DIY Keto Protein Shake

Hands-on 15 minutes Overall 40 minutes

**Nutritional values (per serving, 1/3 cup dry shake mix):** Total carbs: 6.9 g, Fiber: 4.5 g,

**Net carbs: 2.4 g,** Protein: 16.7 g, Fat: 2.7 g, Calories: 102 kcal,

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



## Ingredients (makes about 1 cup + 2 tbsp Chocolate Shake Mix)

1/2 cup [collagen powder](#) or unflavored [Keto Collagen](#) (50 g/ 1.8 oz)

1/4 cup [powdered Erythritol](#) or [Swerve](#) (40 g/ 1.4 oz)

2 tbsp ground [chia seeds](#) or [flax meal](#) (16 g/ 0.6 oz)

1/4 cup [cacao powder](#) or unsweetened [cocoa powder](#) (22 g/ 0.8 oz)

pinch of sea salt

## Instructions

1. Place all the dry ingredients in a jar. Close with a lid and shake well.
2. To make the shake, mix with your preferred option: water, unsweetened almond milk, coconut milk or cream mixed with water. Serve a third to half cup for a full meal replacement, or quarter cup for a quick snack.
3. To serve, mix about 1/3 cup of the dry shake mix with 1 cup (240 ml) to 1 1/2 cups (360 ml) liquids — one type or a combination of unsweetened almond milk, cashew milk, coconut milk and water. You can also use 2-4 tablespoons of heavy whipping cream mixed with water.

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