Frozen Keto Berry Shake

Hands-on 5 minutes Overall 5 minutes

Nutritional values (per serving): Total carbs: 10.6 g, Fiber: 3.9 g, **Net carbs: 6.7 g**, Protein: 4 g, Fat: 41 g, Calories: 400 kcal,

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

Ingredients (makes 1 serving)

1/3 cup creamed coconut milk *or* heavy whipping cream (80 ml/ 2.7 fl oz)

1/2 cup water *or* unsweetened almond milk (120 ml/ 4 fl oz)

1/2 cup mixed frozen berries (75 g/ 2.6 oz)

1 tbsp MCT oil *or* virgin coconut oil

few ice cubes, to taste

Optionally add:

3-5 drops Stevia extract

1/2 tsp sugar-free vanilla extract (you can make your own)

whipped cream *or* coconut milk on top

Instructions

1. To “cream” the coconut milk, simply place the can in the fridge overnight. Next day, open, spoon out the solidified coconut milk and discard the liquids. Do not shake before opening the can. One 400 gram can will yield about 200 grams of coconut cream.
2. Place the creamed coconut milk, berries, water or almond milk and ice into a blender.
3. Add MCT oil and stevia (optional).
4. Pulse until smooth and serve immediately. Optionally, top with whipped cream or coconut milk.

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