

Easy Keto Oreo Shake

Hands-on 5 minutes Overall 5 minutes



Nutritional values (per large serving): Total carbs: 14.7 g, Fiber: 6.8 g, **Net carbs: 7.9 g**,

Protein: 22.6 g, Fat: 47.5 g, Calories: 549 kcal,

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

Ingredients (makes 2 large/ 4 small servings)

1 1/2 cups unsweetened [almond milk](#), cashew milk or water (360 ml/ 12 fl oz)

1/4 cup heavy whipping cream (60 ml/ 2 fl oz)

4 large eggs (*use pasteurized*)

4 tbsp roasted [almond butter](#) or [Keto Butter](#) (64 g/ 2.3 oz)

3 tbsp [powdered Erythritol](#) or [Swerve](#) (30 g/ 1.1 oz)

3 tbsp [black cocoa powder](#) or [Dutch process cocoa powder](#) (16 g/ 0.6 oz)

1/4 tsp [vanilla powder](#) or 1/2 tsp sugar-free [vanilla extract](#)

1/2 cup whipped cream for topping (120 ml/ 4 fl oz)

Note: See intro for a full list of add-ons and substitutions. Recipe makes 2 large 14-oz (400 ml) servings, or 4 small 7-oz (200 ml) servings.

Instructions

1. Pour the almond milk in an ice tray and freeze. You can skip this step if you don't want your shake frozen or use ice cubes instead.
2. Place the frozen almond milk and cream in a blender. Add the eggs.
3. Add the almond butter, sweetener, cacao powder and vanilla. I used my favourite [Keto Butter](#) made with macadamia nuts, cashews, coconut butter and MCT oil.
4. Process until smooth and creamy.
5. Pour into serving glasses.
6. Top with whipped cream just before serving.

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