

# Keto Chocolate & Almond Frostino

Hands-on 5 minutes Overall 5 minutes

**Nutritional values (per serving):** Total carbs: 10.3 g, Fiber: 4.3 g, **Net carbs: 6 g**,

Protein: 16.3 g, Fat: 36.8 g, Calories: 421 kcal,

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



## Ingredients (makes 2 servings)

- 1 cup liquid [coconut milk](#) such as [Aroy-D](#) (240 ml/ 8 fl oz)
- 1 heaped tbsp [almond butter](#) (32 g/ 1.1 oz) - use [sunbutter](#) for nut-free
- 2 tbsp [cacao powder](#) (11 g/ 0.4 oz)
- 2 scoops [Perfect Keto Collagen](#) (34 g/ 1.2 oz)
- 2 cup ice or to taste

## Optional ingredients:

- 1/2 tsp [cinnamon](#) or [vanilla bean powder](#) to taste
- 2-4 tsp [almond butter](#) to drizzle in the serving glasses
- whipped cream or [coconut cream](#) on top

## Instructions

1. Place everything in a blender and process until smooth (optionally, also add cinnamon or vanilla).
2. Optionally, drizzle the serving glasses with more almond butter (1-2 teaspoons each).
3. Pour in the serving glasses ...
4. ... and optionally, top with whipped cream of coconut cream and sprinkle with more cinnamon or vanilla. Enjoy!

## Exclusive Offer for KetoDiet Readers

When you order [Perfect Keto](#), don't forget to use KETODIET at the check out to get 20% off!

## Giveaway

If you want to give [Perfect Keto](#) a try, you can join our giveaway and win 2 packs each of my two favourite products: Perfect Keto Collagen and MCT Oil Powder! Two lucky winners will be picked in a few days.

*Note: you don't need a Twitter account to join the giveaway - you can pick any of the 3 options given in the instructions.*

What have you achieved/ what are you aiming to achieve by following

a keto diet? <!--IF\_IBLOG

To enter this giveaway, you will have to [open this post in a browser](#). ELSE-->  
[a Rafflecopter giveaway](#)

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