

# Keto Chocolate & Mint Smoothie

Hands-on 5 minutes Overall 5 minutes

**Nutritional values (per serving):** Total carbs: 14.3 g, Fiber: 7.8 g, **Net carbs: 6.5 g**,

Protein: 5 g, Fat: 40.3 g, Calories: 401 kcal,

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



## Ingredients (makes 1 serving)

- 1 cup unsweetened [almond milk](#) or cashew milk (240 ml/ 8 fl oz)
- 1/4 cup [coconut milk](#) (60 ml/ 2 fl oz) - I like [Aroy-D](#)
- 1/2 medium avocado (75 g/ 2.7 oz)
- 1 tbsp [cocoa powder](#) (5 g/ 0.2 oz)
- a few leaves of fresh mint or few drops of [mint extract](#)
- 2 tbsp [powdered Erythritol](#) or [Swerve](#) (20 g/ 0.7 oz oz) or 1/4 tsp [NuStevia Cocoa Mint Syrup](#) or 1/4 tsp [NuStevia Cocoa Syrup](#) or 3-5 drops [liquid NuStevia](#)
- 1 tbsp [MCT oil](#) or [Brain Octane Oil](#)
- a few ice cubes
- Optional: whipped cream or [coconut milk](#) on top*
- Optional for extra protein: 1/4 cup chocolate or plain whey protein or egg white protein powder ([Jay Robb](#)) or [collagen powder](#) or plant-based [NuZest](#) (25 g / 0.9 oz)*

## Instructions

1. Place all the ingredients in a blender: almond or cashew milk, coconut milk, ...
2. ... avocado, raw cocoa powder (Dutch process cacao can be used too), ...
3. ... a few mint leaves, or a few drops of mint extract, ...
4. ... and MCT oil or Brain Octane Oil.
5. Add sweetener of choice (see list of ingredients). Optionally, add protein powder.
6. Throw in a few ice cubes and blend until smooth. Optionally, top with whipped cream or whipped coconut cream.

## How to Make Nut Milk

I love [Plenish nut milks](#) because they are delicious and only contain 3 ingredients: nuts, water and salt. However, they may not be available in the US (I buy mine on Amazon UK).

If you can't find quality additive-free nut milk, you can make your own using any nuts and seeds - [organic cashews](#) or [organic almonds](#) work best. To make it at home:

1. Rinse 1 cup of any nuts or seeds (almonds, cashews, hazelnuts, Brazil nuts, hemp seeds, etc.) and transfer them into a bowl. Add 3 cups (720 ml) of water and leave to soak for: 8 hours for almonds, hazelnuts, Brazils, and 2 hours for cashews (no soaking is required for hulled hemp seeds).
2. Then, strain them through a colander and rinse well with water. Discard the water and place the soaked nuts or seeds into a blender. Add 3 cups (720 ml) of fresh water.
3. Pulse on high speed until smooth. Use cheesecloth or nut milk bag and pour the mixture through it. Squeeze out the milk and discard the pulp or dehydrate it in the oven and. You can leave the milk plain or add any spices or low-carb sweeteners of choice (vanilla, cinnamon, stevia, etc.). Pour the milk into a sealable glass bottle and keep in the fridge for up to 4 days.

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