

Low-Carb Chocolate Coconut Smoothie

Hands-on 5 minutes Overall 5 minutes

Nutritional values (per serving): Total carbs: 23.3 g, Fiber: 16.5 g, **Net carbs: 6.8 g**,

Protein: 12.4 g, Fat: 42.8 g, Calories: 510 kcal,

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



Ingredients (makes 1 serving)

Smoothie:

- 1/2 large avocado (100 g/ 3.5 oz)
- 1 1/4 cup [almond milk](#) (300 ml/ 10 fl oz)
- 1/4 cup [coconut cream](#) or heavy whipping cream (60 ml/ 2 fl oz)
- 1 tbsp [flax meal](#) or [chia seeds](#) (7 g/ 0.3 oz)
- 1 1/2 tbsp [cacao powder](#) (8 g/ 0.3 oz)
- 1 tsp virgin [coconut oil](#) or [MCT oil](#)
- 1 heaped tbsp [almond butter](#), or [other nut or seed butter](#) (32 g/ 1.1 oz)

Optional: water if too thick

Optional extras:

- 1-2 tbsp [collagen](#) for extra protein boost
- [healthy low-carb sweetener](#), to taste
- 1-2 tbsp whipped cream for topping
- 1 tsp cacao nibs or chopped [dark chocolate](#) for topping

Instructions

1. Place all the ingredients in a high speed blender and blitz until smooth.
2. Pour the fat burning keto smoothie into a glass and serve. If using whipped cream for topping: Whip the coconut or heavy whipping cream using a hand blender until thick. Optionally, add cocoa nibs or chopped dark chocolate.
3. Best served fresh but can be stored in the fridge for 1 day.

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