



Keto Smoothie

Serving: 1

Veg

Ingredients

- -1– cup coconut milk
- - $\frac{1}{2}$ frozen avocado
- -1 tsp nut butter of choice
- -1 tsp chia seeds, soaked in 3 tablespoons of water for 10 minutes
- -1 teaspoons cacao or cocoa powder
OR 1 scoop of chocolate bone broth protein powder
- -1 tsp coconut oil
- -ice (optional)
- **-for topping: cacao nibs and cinnamon**
- - $\frac{1}{4}$ cup water, if needed

Preparation Method

- - Add contents into a high-powered blender, blending until well-combined.
- - Top with cacao nibs and cinnamon.