

Creamy Keto Chocolate Coconut Smoothie

Description

Healthy and tasty smoothie

Prep/total time: Five minutes

Serving: 1

Ingredients

For Smoothie:

½ an avocado (3.5 oz)

1 1/4 cup of almond milk (10 Fl oz)

1/4 cup of coconut cream or heavy whipping cream (2 Fl oz)

1 tablespoon of flax meal or chia seeds (0.3 oz)

1 1/2 tablespoon of cacao powder (0.3 oz)

1 teaspoon of virgin coconut oil or MCT oil

1 heaped tablespoon of almond butter, or other nut or seed butter (1.1 oz)

Additional Options:

1-2 tablespoons of collagen for extra protein boost

1-2 tablespoons of whipped cream for topping

1 teaspoon of cacao nibs or chopped dark chocolate for topping

Instructions

1. Pour all the ingredients into a blender and pulse until smooth. Then transfer the smoothie into a glass. Top with heavy whipping or coconut cream, chopped dark chocolate or cocoa nibs.
2. Can be stored in the fridge for one day.