

A great breakfast if you are short of time. Packed with goodies and tastes delicious.

Servings - 3

**Prep Time - 5 Mins | Cook Time - N/A | Total Time - 5 Mins**

Difficulty - Easy



Cuisine - American

## RECIPE

### KETO VERY BERRY SMOOTHIE

## EQUIPMENT

[Cup and Spoon Measures](#)

[Disc Kitchen Scale](#)

[Food Processor](#)

[Smoothie Bottle](#)

## INGREDIENTS

[1/2 Cup Coconut Milk \(unsweetened\)](#)

[1 Cup Almond Milk \(unsweetened\)](#)

[1/2 Cup Double/Heavy Cream](#)

### 1 Scoop Vanilla Flavored Whey Protein

1/3 Cup Raspberries

1/3 Cup Strawberries

1/4 cup Blackberries

3 Tbsp Whipping Cream

1/8 Cup Monk-Fruit/Erythritol blend sweetener

## METHOD

Place everything in a blender and process until smooth. If it's too thick add more coconut or almond milk. Top with optional whipped cream if desired.

### NOTE:

You can use any mix of berries or just one if you choose. This is delicious with any combination of yummy summer fruits.

## STORAGE

Store in the fridge in a sealed container overnight.

## NUTRITION FACTS

Per serving : 192 g | Calories 282 | Protein 3.3 g | Fat 24.8 g | Carbs 14.5 g | Fiber 3.1 g

Net Carbs : 11.4 g

LOW CARB - KETO - SUGAR FREE - GLUTEN FREE - VEGETARIAN

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<https://www.forhealthandlonglife.com/recipes>