



Superfat Blackberry Smoothie

Active Time: 5 minutes | **Total Time:** 5 minutes | **Serves:** 1

Nutrition Information Per Serving

459.9 calories, 12.02 g carbohydrate, 2.14 g fiber, 9.88 g NET carbs, 5 g protein, 43.74 g fat

Ingredients

- 1/2 packet(s) SweetLeaf Stevia Plus Sweetener
- 4 tbsp(s) Let's Do Organic Heavy Coconut Cream
- 4 Tbsp(s) Aroy D Coconut Milk
- 1 Tbsp Bulletproof XCT Oil
- 1/2 scoop(s) Now Foods Organic Pea Protein
- 1/4 cup(s) filtered ice
- 1/4 cup(s) frozen organic frozen blackberries, unsweetened
- 1/2 tsp(s) alcohol-free vanilla extract
- 1/4 cup(s) chilled filtered water

Preparation

1. Add all ingredients except stevia to a blender with a couple of ice cubes.
2. Blend until smooth. Taste sweetness and adjust to your liking with stevia.
3. Serve.

This free recipe cannot be redistributed without prior permission from MealGenius.com.
If you have obtained this recipe from any source other than MealGenius.com please contact us.