



## 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.&nbsp;
2. Blend until smooth. Taste sweetness and adjust to your liking with stevia.&nbsp;
3. Serve.&nbsp;

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