



Superfat Chocolate Smoothie

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

Nutrition Information Per Serving

345.2 calories, 8.52 g carbohydrate, 4.46 g fiber, 4.06 g NET carbs, 8.34 g protein, 34.9 g fat

Ingredients

- 1 Tbsp Bulletproof XCT Oil
- 4 Tbsp(s) Aroy D Coconut Milk
- 1 Tbsp Great Lakes Collagen Hydrolysate
- 1 Tbsp Nutiva Organic Coconut Manna
- 1/2 packet(s) SweetLeaf Stevia Plus Sweetener
- 1 Tbsp unsweetened cocoa
- 1/2 tsp(s) cinnamon
- 1/4 cup(s) chilled, filtered water

Preparation

1. Add all ingredients plus 2-3 ice cubes in a blender or Magic Bullet.
2. Blend until smooth. Taste to adjust stevia.
3. Serve.

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