



Keto Vanilla Smoothie

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

Nutrition Information Per Serving

608.8 calories, 4.22 g carbohydrate, 0 g fiber, 4.22 g NET carbs, 25.18 g protein, 60.34 g fat

Ingredients

- 8 Tbsp(s) Aroy D Coconut Milk
- 2 Tbsp(s) Great Lakes Collagen Hydrolysate
- 6 drop(s) SweetLeaf SteviaClear Liquid Stevia
- 2 Tbsp(s) Bulletproof XCT Oil
- 1/2 tsp(s) vanilla extract
- 1/4 cup(s) filtered water
- 2 large(s) pastured eggs

Preparation

1. Add all ingredients to a high-powered blender with 3-4 ice cubes.
2. Blend until smooth.

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