



## Keto Lemon Meringue Smoothie

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

### Nutrition Information Per Serving

295.6 calories, 4.07 g carbohydrate, 0.12 g fiber, 3.95 g NET carbs, 19.6 g protein, 29.08 g fat

#### Ingredients

- 2 Tbsp(s) Great Lakes Collagen Hydrolysate
- 6 drop(s) SweetLeaf SteviaClear Liquid Stevia
- 1 Tbsp lemon juice
- 1/2 tsp(s) lemon zest
- 1/2 cup(s) coconut milk
- 1/4 cup(s) filtered water
- 1 large pastured egg

#### Preparation

1. Add all ingredients to a high-powered blender with 4-5 ice cubes.
2. Blend until smooth.

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