



Keto Cinnamon Bun Smoothie

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

Nutrition Information Per Serving

457.6 calories, 7.78 g carbohydrate, 1.39 g fiber, 6.39 g NET carbs, 18.51 g protein, 47.58 g fat

Ingredients

- 2 1/2 Tbsp(s) Great Lakes Collagen Hydrolysate
- 1 Tbsp Bulletproof XCT Oil
- 6 drop(s) SweetLeaf SteviaClear Liquid Stevia
- 1/2 tsp(s) cinnamon
- 1/2 cup(s) coconut milk
- 1/4 cup(s) filtered water
- 1 Tbsp almond butter

Preparation

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

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