

ACAI ALMOND BUTTER SMOOTHIE

Makes 1.

By Dennis W. Viau; modified from an Internet recipe.

This is a delicious smoothie. Slightly sweet with the flavor of coconut and a nutty flavor of almonds. It's also keto friendly, if you are on a keto diet. Even if you're not keto dieting, you can enjoy this excellent smoothie.



Ingredients:

- 1 100g Pack Unsweetened Acai Puree (about 3½ ounces)
- ¾ cup (175ml) unsweetened almond milk
- ¼ of an avocado
- 1 scoop (28g) protein powder (vanilla okay)
- 1 tablespoon coconut oil
- 1 tablespoon almond butter
- ½ teaspoon vanilla extract
- 1 packet Stevia

Directions:

Combine all the ingredients in the jar of a blender. Start blending at low speed and slowly increase the speed to high. Blend about 30 seconds or until smooth.

The following nutrition information was provided by the original recipe:

Calories: 345 kcal

Fat: 20 grams

Carbohydrates: 8 grams

Fiber: 2 grams

Protein: 15 grams

Note:

If you wanted to increase the fiber, you could add two teaspoons soluble dietary fiber, such as the product Benefiber. This would add 3 grams fiber, resulting in a net carbs number of only 3 grams.