

AÇAÍ BERRY GUARANÁ SMOOTHIE

Serves 2.

By Dennis W. Viau; from the recipe on a Sambazon pack.

This keto-friendly smoothie is light and refreshing. Ketogenesis is new to me. The whole keto diet thing was something I'd seen from a distance, but I never took any interest until I learned to love smoothies. Now I want to try every recipe I find, and make up some of my own. This smoothie is made easier by pre-prepared frozen fruit packs.

Ingredients:

2 3½ ounce (100g) packets of Sambazon Açai + Guaraná blend frozen fruit
2 cups coconut milk
1 cup (165g) frozen sliced strawberries

Directions:

Combine all the ingredients, in the order above, in the jar of a high-end blender such as a Vitamix. Start blending at low speed and slowly increase the speed to high. Blend about 40 seconds or until smooth.

If using a conventional blender that might be damaged by ice, allow the frozen pieces to thaw before blending.

