

# ACAI BLUEBERRY COCONUT SMOOTHIE

Makes 2.

By Dennis W. Viau; an original recipe.

My freezer fills up quickly without storing frozen ingredients to smoothies. So this recipe was another one I came up with to help use up some of the fruits in the freezer. This smoothie is also keto friendly.

## **Ingredients:**

One 3½-ounce (100g) packet açai berry and guarana mix, frozen

1 cup (100g) frozen blueberries

1½ cups (355ml) cold coconut milk

2 packets stevia sweetener

¼ teaspoon almond extract

1 tablespoon coconut oil

## **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.

Those needing numbers for calories, carbohydrates, fiber, etc. can find that information on product Nutritional Facts labels and on the [CalorieKing.com](http://CalorieKing.com) web site.

