

KETO COCONUT CINNAMON SMOOTHIE

Makes 1 serving.

By Dennis W. Viau; from an Internet recipe.

Keto, as I understand it, is a diet low in carbohydrates, moderate protein, and high in fats. Many people are faithful followers of the diet and, so far, there is no medical evidence it does them any harm. To the opposite, some have reported significant success in losing weight and better health.

Ingredients:

½ cup (120ml) coconut milk

½ cup water

3 ice cubes

1 tablespoon coconut oil

½ teaspoon cinnamon

1 tablespoon chia seeds

1 scoop (1 oz./30g) vanilla protein powder

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, substitute 3 fluid ounces (90ml) water.

Those needing numbers for calories, carbohydrates, and fiber can find that information on product Nutritional Facts labels and on the CalorieKing.com web site.

