KETO CREAMY BLACKBERRY SMOOTHIE

Makes 1.

By Dennis W. Viau; modified from a book recipe.

This smoothie is different from the others I've enjoyed. It uses heavy cream. The flavor combination is very good.

Ingredients:

1 cup (120g) blackberries, fresh or frozen ¼ cup (60ml) heavy (whipping) cream ¼ cup (60ml) coconut milk

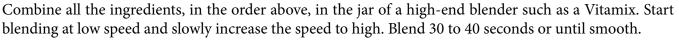
½ cup (120ml) almond milk

1 tablespoon coconut oil

¼ teaspoon vanilla extract

Optional: ½ to 1 packet stevia sweetener Optional: 1 tablespoon chia or flax seeds





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 web site.

