

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

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 30 to 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 web site.

