

Keto Smoothie

Time: 5 minutes **Serves:** 2

Ingredients:

- 1-1¼ cups full-fat coconut milk
- ½ frozen avocado
- 1 tbs nut butter of choice
- 1 tbs chia seeds, soaked in 3 tbs of water for 10 minutes
- 2 tsp cacao nibs, cacao powder or cocoa powder OR 1 scoop of chocolate bone broth protein powder
- 1 tbs coconut oil
- Ice (optional)
- For topping: cacao nibs and cinnamon
- ¼ cup water, if needed

Directions:

1. Add contents into a high-powered blender, blending until well-combined.
2. Top with cacao nibs and cinnamon.

