

# Strawberry Milkshake



Keto & Paleo  
Version

Makes 1 serving

1 serving = 3g Net Carbs

## Ingredients

- Strawberries
- Full fat coconut milk or heavy cream
- Himalayan pink salt or regular salt
- ice
- pure vanilla extract
- erythritol or stevia
- chia seeds
- water

## Optional Add-Ins

- collagen peptides
- MCT oil
- hemp hearts

## Measurements

- 1/4 - 1/2 cup strawberries (fresh or frozen)
- 1/4 - 1/2 cup of coconut milk or cream
- 1-3 tbsp erythritol or 1 tbsp stevia
- 1-2 tbsp chia seeds
- 1/2 tsp pure vanilla extract
- pinch of salt
- 1/2 cup of ice as needed

## Directions

Add all the ingredients to the blender except for ice. Blend until smooth & creamy, using a little water as needed. Add-in ice and blend until it is creamy, smooth, and thick. ⚠ Be careful not to Over-Blend! Over-Blending will cause milkshake to lose its coldness. Enjoy 😊

PS. You can tweak this recipe to your liking!

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