



*“Froth It Up!”*

**33 Sweet, Creamy  
& Deliciously Good**

Keto Milkshakes

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Who would have thought you can have so much fun with a high-speed blender or Nutribullet? We have put together this collection of recipes that are perfect to froth things up in the kitchen and delight you and your family!

We have picked some great flavors of shakes and smoothies, and there is certainly something for everyone. For the nut lovers, there are a number of nutty-based shakes to enjoy and there are also some chocolate shakes for those wanting a cocoa fix. How about an 'eggnog' smoothie that you and your friends can enjoy during the holiday season? There are also some super healthy, super green, and super tasty smoothies to try. Who says being healthy can't taste good?

Blending drinks and smoothies not only taste great, but they can provide you with essential vitamins and minerals that your body needs. In particular, smoothies and shakes, using vegetables and fruits, provide antioxidants and vitamins, like A and C that can really help your well-being. They also provide a boost to your gut health, by providing some of the welcome fiber we can all benefit from.

Using ice in your smoothies and shakes really can thicken things up, so try and add it where you can. It also provides a fantastic amount of hydration to your diet, which is helpful to ward off the unpleasant symptoms of dehydration.

Love your coffee? There are some great whipped-up coffee recipes here that you will want to have every day; gloriously creamy and thick to feel like a real treat, right in your own home!

If you haven't invested in a good high-speed blender yet, now is the time! It's one kitchen gadget you will never regret buying, and you will end up using it every day when you have these 33 delicious shakes and smoothies to make.

So, time to froth up some fun in the kitchen and enjoy some filling flavors and tasty treats!

*conscious keto*

# Irresistible Choco Peanut Butter Shake





**Servings:** 1



**Time:** 5 minutes

Rich chocolate and creamy peanut butter come together in this most decadent keto milkshake. This Irresistible Choco Peanut Butter Shake is so creamy and delicious, each sip will leave your taste buds wanting more. For added energy, add a scoop of Keto Activate or Keto Shake.



### **Ingredients:**

- 1 ½ cups of ice
- 1 cup unsweetened almond milk, vanilla or plain
- 1 tbsp unsweetened peanut butter
- 1 tbsp unsweetened cocoa powder or 1 scoop
- Creamy Chocolate Keto Shake
- 2 tbsp heavy cream
- ½ tsp pure vanilla extract
- 1 ½ tsp monk fruit sweetener (or another keto sweetener, to taste)
- Optional add-ins: 1 scoop Chocolate Truffle Keto Activate, MCT oil or powder, collagen powder



### **Instructions:**

1. Add all ingredients to a blender or Nutribullet and puree until smooth and creamy.
2. Pour into a glass and enjoy!

### **Tips:**

- You can use any keto-friendly nut butter you like in place of peanut butter.
- If desired, top with keto whipped cream!

### **Nutrition per Serving:**

- Fat: 23.1g
- Total Carbs: 15g
- Fiber: 4.1g
- Sugar Alcohols: 6g
- Net Carbs: 4.9g
- Protein: 7.2g
- Calories: 251

# Blueberry Acai Smoothie





**Servings:** 1



**Time:** 5 minutes

This delicious fruit smoothie is full of nutrient powerhouse ingredients, like acai and blueberries. Acai berries are known as a “superfruit” for their high antioxidant content. Acai berries are processed into a pulp. You can find frozen single-serve packets in the frozen section of some grocery stores. If you can not find acai, feel free to substitute some raspberries or blackberries in this recipe.



### **Ingredients:**

- 1 frozen acai packet, thawed
- ½ cup ice, or more to taste
- ¾ cup unsweetened almond milk (substitute unsweetened coconut, macadamia nut, or hemp milk)
- ¼ cup blueberries
- 2 tsp coconut oil or MCT oil
- 1 tsp chia seeds
- 5-10 drops liquid stevia (or another keto sweetener, to taste)
- ½ tsp pure vanilla extract
- Optional, for garnish: fresh mint leaves, blueberries



### **Instructions:**

1. Thaw the acai packet by submerging it in a bowl of warm water. Let it sit a few minutes until you can easily break it up.
2. Add the acai and remaining ingredients to a high-powered blender and blend until smooth.
3. Pour into a glass and garnish with fresh mint and a few blueberries, if desired. Enjoy!

### **Tips:**

- If you're not averse to nuts, feel free to add a tbsp of almond butter or another keto-friendly nut butter to this smoothie.
- Feel free to adjust the MCT or coconut oil to your tolerance level. If you're just starting out, start with just a teaspoon or two.
- Can't find acai? Try subbing about ⅓ cup raspberries or blackberries instead.

### **Nutrition per Serving:**

- Fat: 17g
- Total Carbs: 13g
- Fiber: 6g
- Sugar Alcohols: 0g
- Net Carbs: 7g
- Protein: 3g
- Calories: 220

# Immune Boosting Green Smoothie





**Servings:** 1



**Time:** 5 minutes

This delicious smoothie contains leafy greens and fresh ginger root, which are immune-boosting powerhouses! Enjoy this refreshing green smoothie and help defend against disease and illness at the same time.



### **Ingredients:**

- 1 cup packed leafy greens, such as spinach or kale
- ½ ripe avocado
- 1 cup of unsweetened almond, coconut, or hemp milk
- 1 tsp grated fresh ginger, or to taste
- 1 tbsp fresh lime or lemon juice, or to taste
- 1 tbsp chia seeds
- 5-10 drops liquid stevia, or to taste
- Optional: a few ice cubes, MCT, oil, collagen powder



### **Instructions:**

1. Add all ingredients to a high-powered blender, and blend until smooth.
2. Pour into a glass and enjoy!

### **Tips:**

- You can substitute hemp seeds for chia, if you like.

### **Nutrition per Serving:**

- Fat: 16g
- Total Carbs: 13g
- Fiber: 9g
- Sugar Alcohols: 0g
- Net Carbs: 4g
- Protein: 5g
- Calories: 206

# Cinnamon Keto Smoothie





**Servings:** 1



**Time:** 5 minutes

The unique flavors of coconut and cinnamon really shine through in this super creamy keto smoothie. Top with a dollop of whipped cream and a sprinkle of cinnamon.



**Ingredients:**

- ½ cup unsweetened, full-fat canned coconut milk
- ½ cup water + a few ice cubes
- ½ tsp cinnamon
- 1 tbsp ground chia seeds
- Optional add-ins: 1 scoop [Keto Activate](#), [Keto Shake](#), MCT oil or powder, collagen powder



**Instructions:**

1. Add all ingredients to a blender and blend until smooth.
2. Pour into a glass and enjoy!

**Tips:**

- You can substitute unsweetened almond milk for coconut milk, if you choose. Add a little heavy cream for a creamier taste!

**Nutrition per Serving:**

- Fat: 27.7g
- Total Carbs: 9.4g
- Fiber: 4.8g
- Sugar Alcohols: 0g
- Net Carbs: 4.6g
- Protein: 4.4g
- Calories: 284

# Coconut Mint Smoothie





**Servings:** 1



**Time:** 5 minutes

This Coconut Mint Smoothie combines Greek yogurt, creamy coconut milk, avocado, leafy greens, fresh mint, and chia seeds in the most delicious way. Take just 5 minutes to prepare this amazing keto smoothie, and provide your body with the fuel it needs to start your morning off right!



### **Ingredients:**

- 1 cup crushed ice
- 1/3 cup plain, unsweetened, low-carb Greek yogurt
- 1/2 cup unsweetened, full-fat canned coconut milk
- 1/4 avocado
- 1 cup chopped greens, such as spinach or kale
- 1 tbsp fresh mint leaves
- 1 tsp chia seeds, plus more for topping
- Optional: keto sweetener, to taste



### **Instructions:**

1. Combine all ingredients in a blender and blend until smooth and creamy.
2. Pour into a glass and top with some additional chia seeds, if you like.

### **Tips:**

- You may substitute unsweetened almond milk or hemp milk for the full-fat coconut milk, however, if you do so, add healthy fat, such as MCT oil, coconut oil, or more avocado.

### **Nutrition per Serving:**

- Fat: 23g
- Total Carbs: 9.5g
- Fiber: 4g
- Sugar Alcohols: 0g
- Net Carbs: 5.5g
- Protein: 11g
- Calories: 291

# Strawberry and Blueberry Chia Smoothie





**Servings:** 1



**Time:** 5 minutes

Breakfast smoothies can be a wonderful convenience for those busy mornings! They take just minutes to prepare and provide a nutrient-packed breakfast to help you power through your morning. Feel free to customize this smoothie with your favorite non-dairy milk and berries.



### **Ingredients:**

- ½ cup ice, or more to taste
- ¾ cup unsweetened almond milk (substitute unsweetened coconut, macadamia nut, or hemp milk)
- ¼ cup blueberries
- 4 medium strawberries, sliced
- 2 tbsp coconut cream or heavy cream
- 1 tsp chia seeds
- 5-10 drops liquid stevia, or to taste
- ½ tsp pure vanilla extract
- Optional garnish: chia seeds and berries



### **Instructions:**

1. Add all ingredients to a high-powered blender and blend until smooth and creamy.
2. Pour into a glass and garnish with chia seeds and berries, if desired. Enjoy!

### **Tips:**

- If you're not averse to nuts, feel free to add a tbsp of almond butter or other keto-friendly nut butter to this smoothie.
- Feel free to use any berries you have on hand, such as blackberries or raspberries.
- For added healthy fats, add a teaspoon or two of MCT or coconut oil.

### **Nutrition per Serving:**

- Fat: 13g
- Total Carbs: 13g
- Fiber: 5.5g
- Sugar Alcohols: 0g
- Net Carbs: 7.5g
- Protein: 3g
- Calories: 173

# Blueberry and Almond Butter Smoothie





**Servings:** 1



**Time:** 5 minutes

This refreshing smoothie combines sweet blueberries with creamy almond butter, almond milk, and chia seeds for a delicious treat! Chia seeds are a great addition to any smoothie, as they provide healthy fats and lots of fiber. Fiber is important for healthy digestion.



**Ingredients:**

- ¼ cup blueberries
- ¾ cup unsweetened almond milk (substitute unsweetened coconut or hemp milk)
- 1 tbsp almond butter
- ¼ tsp pure vanilla extract
- 5 drops liquid stevia, or to taste
- ½ cup ice
- 1 tbsp chia seeds, plus more for topping



**Instructions:**

1. Combine all ingredients in a high-powered blender and blend until smooth.
2. Pour into a glass, top with additional chia seeds (if desired), and enjoy!

**Tips:**

- Feel free to substitute raspberries, strawberries, or blackberries. You can use ⅓ cup in place of the blueberries.

**Nutrition per Serving:**

- Fat: 14g
- Total Carbs: 13g
- Fiber: 6.5g
- Sugar Alcohols: 0g
- Net Carbs: 6.5g
- Protein: 6g
- Calories: 189

# Choco Avo Milkshake





**Servings:** 1



**Time:** 5 minutes

An ideal breakfast smoothie, the Choco Avo Milkshake is one of the most nutritious and healthy options. The avocado lends a thick, smooth, and creamy texture to the milkshake and gives you a satisfying experience every time.



### Ingredients:

- ½ ripe avocado
- 8 oz unsweetened almond milk
- 1 tbsp unsweetened cocoa powder or 1 scoop [Konscious Keto Chocolate Keto Shake](#)
- ½ cup crushed ice
- 1 ½ tsp erythritol or monk fruit sweetener, or to taste
- Optional add-ins: 1 scoop [Keto Activate](#), MCT oil or powder, collagen powder



### Instructions:

1. Add all ingredients to a blender or Nutribullet and puree until smooth and creamy.
2. Pour into a glass and enjoy!

### Tips:

- You can add a handful of fresh baby spinach to the shake for extra nutrients.

### Nutrition per Serving:

- Fat: 14.1g
- Total Carbs: 14.6g
- Fiber: 7.3g
- Sugar Alcohols: 4.5g
- Net Carbs: 2.8g
- Protein: 3.5g
- Calories: 158.5

# Raspberry Smoothie Bowl





**Servings:** 1



**Time:** 5 minutes

This delicious Raspberry Smoothie Bowl is packed with nutrients and healthy fats from coconut milk. Raspberries contain tons of antioxidants and Vitamin C to support a strong immune system. They also have high fiber content, making them lower in net carbs, than some other berries.



### **Ingredients:**

- ½ cup fresh raspberries
- ½ cup frozen cauliflower rice
- ½ cup unsweetened, full-fat canned coconut milk
- ½ tsp pure vanilla extract
- 5 drops liquid stevia, or to taste
- Optional Toppings: berries, nuts, chia, or hemp seeds



### **Instructions:**

1. Add all the ingredients, excluding toppings, to a high-powered blender and blend until smooth.
2. Pour into a bowl, top with desired toppings, and enjoy!

### **Tips:**

- If necessary, you can adjust the texture of this bowl by adding more cauliflower rice for a thicker bowl, or more coconut milk for a thinner bowl.

### **Nutrition per Serving:**

- Fat: 18g
- Total Carbs: 12.5g
- Fiber: 5.5g
- Sugar Alcohols: 0g
- Net Carbs: 7g
- Protein: 3g
- Calories: 226

# Peanut Butter Smoothie Bowl





**Servings:** 1



**Time:** 5 minutes

Missing smoothies and bowls? Don't miss a thing with this delicious Peanut Butter Smoothie Bowl! We've carefully selected ingredients like coconut milk, peanut butter, and collagen peptides to keep the carbs low without sacrificing flavor. Top this bowl with your favorite nuts, berries, and seeds, and enjoy!



**Ingredients:**

#### **For the Smoothie Bowl:**

- 1/3 cup unsweetened coconut milk (substitute unsweetened almond or hemp milk)
- 1 tbsp coconut butter, such as Coconut Manna
- 1 tbsp peanut butter
- 1 tsp unsweetened cocoa powder
- 1 tbsp collagen peptides
- 1/4 tsp pure vanilla extract
- 5 drops liquid stevia, or to taste
- 1/2 - 1 cup ice
- Optional: cinnamon, to taste

#### **For the Toppings:**

- 1 tbsp chia seeds
- 8 fresh blueberries
- 2 tbsp crushed peanuts



**Instructions:**

1. Add all ingredients for the smoothie bowl to a high-powered blender and blend until smooth.
2. Transfer to a bowl for serving and top with chia, blueberries, and peanuts. Enjoy!

#### **Tips:**

- Feel free to substitute almond butter or any other keto-friendly nut butter in this recipe.
- It's ok to get creative with your toppings and substitute other berries, nuts, or seeds.

#### **Nutrition per Serving:**

- Fat: 30g
- Total Carbs: 17g
- Fiber: 10g
- Sugar Alcohols: 0g
- Net Carbs: 7g
- Protein: 20g
- Calories: 410

# Berry Cheesecake Smoothie





**Servings:** 1



**Time:** 5 minutes

This Creamy smoothie is like a dessert in a cup! The cream cheese adds a thick, creamy texture to this indulgent breakfast, while berries provide a touch of sweetness. This smoothie also makes a great snack or even a dessert!



### **Ingredients:**

- 1/3 cup fresh blackberries
- 1/4 cup fresh blueberries
- 1 cup unsweetened almond milk
- 1.5 oz cream cheese
- 1/2 cup crushed ice
- 5-10 drops liquid stevia, or to taste
- Optional add-ins: collagen powder, MCT oil, hemp, or chia seeds



### **Instructions:**

1. Add all ingredients to a high-powered blender and blend until smooth.
2. Pour into a glass and enjoy!

### **Tips:**

- Feel free to use other types of berries, such as raspberries and strawberries.

### **Nutrition per Serving:**

- Fat: 18g
- Total Carbs: 12.5g
- Fiber: 4.5g
- Sugar Alcohols: 0g
- Net Carbs: 8g
- Protein: 5g
- Calories: 222

# Creamy Turmeric Smoothie





**Servings:** 1



**Time:** 5 minutes

If you're too busy to cook for lunch, this Creamy Turmeric Smoothie is perfect for you! It's quick and easy to make and features anti-inflammatory turmeric, ginger, and cinnamon! Customize this smoothie with add-ins, like collagen powder.



### Ingredients:

- ½ cup crushed ice
- 1 cup unsweetened coconut milk (substitute unsweetened almond, macadamia nut, or hemp milk)
- 1 tbsp coconut oil or MCT oil
- ½ tsp ground turmeric
- ¼ tsp ground ginger
- ¼ tsp cinnamon
- pinch of nutmeg (optional)
- ½ tsp pure vanilla extract
- liquid stevia, to taste
- Optional: 1 scoop collagen powder



### Instructions:

1. Add all ingredients to a high-powered blender and blend until smooth.
2. Pour into a glass and enjoy!

### Tips:

- You can use any type of keto-friendly milk in this recipe.
- Feel free to adjust spices to taste.
- Add a scoop of collagen powder for added protein.

### Nutrition per Serving:

- Fat: 17g
- Total Carbs: 3g
- Fiber: 1g
- Sugar Alcohols: 0g
- Net Carbs: 2g
- Protein: 0g
- Calories: 174

# Heavenly Green Smoothie





**Servings:** 1



**Time:** 5 minutes

Enjoy breakfast on the go with this refreshing, green smoothie. It's packed with heart-healthy fats, fiber, and antioxidants and is ready in only 5 minutes.



**Ingredients:**

- ½ cup spinach
- ½ cup kale
- ½ avocado
- 1 cup unsweetened almond milk
- 1 tbsp almond butter
- ½ tsp lime juice
- 1 tsp chia seeds
- Optional: keto sweetener, to taste



**Instructions:**

1. Add all the ingredients, except for the chia seeds, to a blender and blend until creamy.
2. Pour in a glass or Mason jar and top with chia seeds. Enjoy!

**Tips:**

- For an extra boost of protein, you can add some low-carb collagen powder.
- For added healthy fats, add a teaspoon or two of MCT oil.

**Nutrition per Serving:**

- Fat: 22g
- Total Carbs: 11g
- Fiber: 9g
- Sugar Alcohols: 0g
- Net Carbs: 2g
- Protein: 6g
- Calories: 264

# Creamy Pumpkin Chia Smoothie





**Servings:** 1



**Time:** 5 minutes

Smoothies make great time-saving meals, snacks, or even desserts! This creamy smoothie has a refreshing Autumn flavor from pumpkin puree. Feel free to customize this smoothie with MCT oil or collagen powder, for added healthy fats and protein.



### **Ingredients:**

- 1/4 cup heavy cream (or coconut cream)
- 1/2 cup unsweetened almond milk
- 1/2 cup crushed ice
- 2 tbsp pumpkin puree
- 1/4 tsp pumpkin pie spice
- 1 tsp chia seeds
- 5 drops liquid stevia, or to taste
- Optional add-ins: MCT oil, collagen powder



### **Instructions:**

1. Combine all ingredients in a blender and blend until smooth.
2. Pour into a glass and enjoy!

### **Tips:**

- You can substitute another type of milk for almond milk, such as unsweetened hemp, coconut, or macadamia nut milk.
- You can substitute hemp seeds for chia seeds.

### **Nutrition per Serving:**

- Fat: 23g
- Total Carbs: 5.5g
- Fiber: 2g
- Sugar Alcohols: 0g
- Net Carbs: 3.5g
- Protein: 4g
- Calories: 244

# Coconut Almond Butter Smoothie





**Servings:** 1



**Time:** 5 minutes

This delicious smoothie combines the flavors of almonds, coconut, vanilla, and cinnamon to create an indulgent treat. Almond butter is incredibly healthy, providing plenty of healthy fats and protein to fuel your busy day.



**Ingredients:**

- ¾ cup unsweetened almond milk
- 2 tbsp almond butter
- 2 tbsp coconut cream (or heavy cream)
- ¼ tsp cinnamon
- ¼ tsp pure vanilla extract
- 5 drops liquid stevia, or to taste
- 1 tbsp chia seeds
- Optional toppings: fresh berries, unsweetened flaked coconut, keto nuts, and seeds



**Instructions:**

1. Combine all ingredients in a high-powered blender and blend until smooth.
2. Pour into a glass, top with desired toppings, and enjoy!

**Tips:**

- Add some MCT oil or coconut oil for added healthy fats.
- You can substitute peanut butter or another keto-friendly nut butter if you prefer.

**Nutrition per Serving:**

- Fat: 32g
- Total Carbs: 12g
- Fiber: 7g
- Sugar Alcohols: 0g
- Net Carbs: 5g
- Protein: 11g
- Calories: 365

# Keto Whipped Coffee





**Servings:** 1



**Time:** 5 minutes

Have you tried Whipped Coffee? Whipped or Dalgona Coffee, as some people call it, is made by whipping instant coffee with sweetener and boiling water. This results in a thick, indulgent coffee-flavored cream that pairs perfectly with high-fat coconut milk. Enjoy a cup for a convenient breakfast or an afternoon pick-me-up!



**Ingredients:**

- 1 tbsp instant coffee, or instant espresso
- 2-3 tsp powdered erythritol, or to taste
- 1 tbsp boiling water
- 2/3 cup unsweetened full-fat, canned coconut milk
- ice cubes



**Instructions:**

1. Add the instant coffee, erythritol, and boiling water to a tall cup. Using an electric mixer or frother, whip until thickened. You can also use a regular whisk, but it will take longer to thicken.
2. Add ice cubes to a glass, pour coconut milk over the ice. Top with the whipped coffee and enjoy!

**Tips:**

- You may use unsweetened almond milk in place of coconut, however, this will be significantly lower in fat. For this reason, you may want to use it as a snack, or add some MCT oil or heavy cream for a more filling drink.

**Nutrition per Serving:**

- Fat: 24g
- Total Carbs: 10g
- Fiber: 0g
- Sugar Alcohols: 6g
- Net Carbs: 4g
- Protein: 2g
- Calories: 245

# Minty Green Smoothie





**Servings:** 1



**Time:** 5 minutes

This delicious smoothie features fresh avocado, almond milk, Greek yogurt, and spinach. Avocados are incredibly nutritious, providing plenty of healthy fats and fiber. Fiber is beneficial for a healthy digestive system. Greek yogurt adds a nice texture to smoothies and provides protein, which helps build strong muscles.



### **Ingredients:**

- ½ avocado
- 1 cup unsweetened almond milk (substitute unsweetened coconut or hemp milk)
- ⅓ cup plain unsweetened Greek yogurt (substitute unsweetened coconut yogurt)
- 4 fresh mint leaves, or to taste
- ½ cup fresh spinach leaves
- ½ cup ice
- 2 tsp monk fruit sweetener or erythritol
- Optional add-ins: MCT oil, coconut oil, collagen powder and chia, flax, or hemp seeds



### **Instructions:**

1. Add all ingredients to a high-powered blender and blend until smooth.
2. Pour into a glass and garnish with additional mint leaves, if desired.

### **Tips:**

- If you do not have access to fresh mint, you can substitute ¼-½ tsp peppermint extract.
- Add a few sugar-free chocolate chips for a mint chocolate flavor.

### **Nutrition per Serving:**

- Fat: 17g
- Total Carbs: 17g
- Fiber: 5.5g
- Sugar Alcohols: 8g
- Net Carbs: 3.5g
- Protein: 9g
- Calories: 221

# Creamy Almond Butter Smoothie





**Servings:** 1



**Time:** 5 minutes

This delicious low-carb smoothie is packed with protein from collagen powder and healthy fats from almond butter. Top with a few sliced almonds and a sprinkle of cinnamon, if you want to be fancy!



### **Ingredients:**

- 2 tbsp almond butter
- 1 cup unsweetened almond milk
- 1 scoop collagen powder
- 2 tbsp flax meal
- ½ tsp cinnamon, or to taste
- ½ tsp pure vanilla extract
- ½ - 1 cup crushed ice
- 5-10 drops liquid stevia, or to taste
- Optional: sliced almonds



### **Instructions:**

1. Combine all ingredients in a high-powered blender and blend until smooth.
2. Pour into a glass and top with sliced almonds and a sprinkle of cinnamon, if desired. Enjoy!

### **Tips:**

- You can substitute unsweetened coconut or hemp milk for almond milk, if you like.
- You can substitute peanut butter for almond butter, if you prefer.
- For an energy boost, replace half of the almond milk with coffee. Add heavy cream for an extra creamy smoothie!

### **Nutrition per Serving:**

- Fat: 26g
- Total Carbs: 13g
- Fiber: 9.5g
- Sugar Alcohols: 0g
- Net Carbs: 3.5g
- Protein: 19g
- Calories: 340

# Creamy Raspberry Mascarpone Shake





**Servings:** 1



**Time:** 5 minutes

This delicious shake combines flavors of raspberries and creamy mascarpone cheese to make a decadent keto shake or dessert. Feel free to get creative and substitute other berries, such as strawberries or blackberries.



**Ingredients:**

- 1/3 cup raspberries, fresh or frozen
- 1 oz (2 tbsp) mascarpone cheese
- 1 cup unsweetened almond milk
- 1/2 - 1 cup crushed ice
- 1/2 tsp pure vanilla extract
- 1 tsp MCT oil or coconut oil
- 5 drops liquid stevia (or another keto sweetener, to taste)
- Optional: Whipped cream or coconut cream, for topping



**Instructions:**

1. Combine all ingredients in a blender. Blend until smooth and creamy.
2. Pour into a glass and top with keto whipped cream or coconut cream, if desired.

**Tips:**

- Substitute blueberries, blackberries, or strawberries for added variety!
- If you can't find mascarpone cheese, substitute cream cheese or coconut cream.

**Nutrition per Serving:**

- Fat: 19g
- Total Carbs: 7g
- Fiber: 4g
- Sugar Alcohols: 0g
- Net Carbs: 3g
- Protein: 3g
- Calories: 213

# Coconut Hemp Seed Smoothie





**Servings:** 1



**Time:** 5 minutes

This Coconut Hemp Seed Smoothie is a nutrient powerhouse! Hemp seeds are a complete protein, providing all 9 essential amino acids. Not to mention they are a great source of fiber and omega 3 fatty acids. This recipe combines hemp seeds with creamy coconut milk, pure vanilla extract, almond milk, and crushed ice to make the most luxurious keto smoothie! Feel free to add a sprinkle of cacao or cinnamon for added flavor.



### **Ingredients:**

- 1 cup crushed ice
- $\frac{2}{3}$  cup unsweetened full-fat, canned coconut milk
- $\frac{1}{3}$  cup unsweetened almond milk
- 2 tbsp hemp seeds
- $\frac{1}{2}$  tsp pure vanilla extract
- stevia, to taste



### **Instructions:**

1. Combine all ingredients in a blender and blend until smooth and creamy.
2. Pour into a glass. If desired, top with additional hemp seeds. Enjoy!

### **Tips:**

- Experiment with different flavors and add a bit of cacao powder, cinnamon, or nut butter!

### **Nutrition per Serving:**

- Fat: 35g
- Total Carbs: 5g
- Fiber: 1g
- Sugar Alcohols: 0g
- Net Carbs: 4g
- Protein: 9g
- Calories: 370

# Strawberry Shake





**Servings:** 1



**Time:** 5 minutes

This Strawberry Shake is the perfect summertime treat. This shake is simple and easy to make and blends up super creamy and delicious every time!



**Ingredients:**

- 1 ½ cups Ice
- 1 cup unsweetened almond milk (or hemp or coconut milk)
- ⅓ cup strawberries, sliced
- 3 tbsp heavy cream
- ½ tsp pure vanilla extract
- 4-5 drops of liquid stevia - or your choice of sweetener to taste



**Instructions:**

1. Add all ingredients to a blender or Nutribullet and blend until smooth and creamy.

**Tips:**

- Experiment with different flavors and add a bit of cacao powder, cinnamon, or nut butter!

**Nutrition per Serving:**

- Fat: 19g
- Total Carbs: 5.6g
- Fiber: 1.2 g
- Sugar Alcohols: 0g
- Net Carbs: 4.4g
- Protein: 0g
- Calories: 186

# Fully Loaded Berry Smoothie





**Servings:** 1



**Time:** 5 minutes

This berry-filled glass of goodness is topped with some tasty crunch. Berries can be enjoyed in moderation on keto, so make the most of them with this recipe. They are packed with nutrition and act as an antioxidant with inflammatory properties, as well.



**Ingredients:**

**For the Smoothie:**

- 1 ½ cups Ice
- 1 cup unsweetened almond milk (or hemp or coconut milk)
- ⅛ cup blueberries
- 8 raspberries
- 2 tbsp heavy cream
- ½ tsp pure vanilla extract
- 4-5 drops of liquid stevia - or your choice of sweetener to taste

**For The Topping:**

- 1 tsp chopped almonds
- 1 tsp unsweetened desiccated coconut
- ⅛ cup blueberries/raspberries



**Instructions:**

1. Add all ingredients to a blender or Nutribullet and blend until smooth and creamy.
2. Pour into a glass and top with almonds, coconut, and berries. Enjoy!

**Tips:**

- You can use whatever combination of berries you like here.
- Add some seeds to the topping instead of the almonds, if you prefer.

**Nutrition per Serving:**

- Fat: 15g
- Total Carbs: 8.1g
- Fiber: 2.7g
- Sugar Alcohols: 0g
- Net Carbs: 5.4g
- Protein: 0.4g
- Calories: 165

# Creamy Coffee Cooler





**Servings:** 1



**Time:** 5 minutes

This creamy, thick, refreshing coffee is the perfect pick-me-up! Use your favorite coffee here or you could use a cold brew too - just make sure it's cold so you can get a really icy drink.



**Ingredients:**

- ½ cup ice
- ⅓ cup unsweetened almond milk (or hemp or coconut milk)
- ¾ cup strong coffee
- 5 tbsp heavy cream or coconut cream
- 4-6 drops of liquid stevia (optional)



**Instructions:**

1. Add all ingredients to a blender or Nutribullet and blend until smooth and creamy.

**Tips:**

- If desired, top with some sugar-free chocolate shavings!

**Nutrition per Serving:**

- Fat: 27.8g
- Total Carbs: 5g
- Fiber: 2.2g
- Sugar Alcohols: 0g
- Net Carbs: 2.8g
- Protein: 2.5g
- Calories: 270

# Avocado and Lime Shake-Up





**Servings:** 1



**Time:** 5 minutes

Limes are high in vitamin C and can really help boost your immune system, so this shake is worth thinking about during the cough and cold season. Drink this one immediately after blending for a refreshing treat!



### **Ingredients:**

- 1 ½ cup ice
- 1 cup unsweetened almond milk (or hemp or coconut milk)
- ½ cup unsweetened full-fat, canned coconut milk
- 1 tsp lime juice
- ¼ tsp lime zest
- ½ avocado
- 4-6 drops of liquid stevia (optional)
- Optional add-ins: Fresh mint leaves, to serve



### **Instructions:**

1. Add all ingredients to a blender or Nutribullet and blend until smooth and creamy.

### **Tips:**

- Feel free to add some extra green keto veggies here to up the nutritional value even more.

### **Nutrition per Serving:**

- Fat: 37.3g
- Total Carbs: 14.9g
- Fiber: 10g
- Sugar Alcohols: 0g
- Net Carbs: 4.9g
- Protein: 5.4g
- Calories: 400

# Peppermint Cream Shake





**Servings:** 1



**Time:** 5 minutes

Sometimes the most simple flavors can be mind-blowingly good! This shake is certainly a creamy and refreshing drink to have at any time and will keep you full between meals.



**Ingredients:**

- 1 cup ice
- 4 tbsp heavy cream
- ¼ tsp pure vanilla extract
- ¼ tsp peppermint extract
- 1 cup unsweetened almond milk (or hemp or coconut milk)
- 4-6 drops of liquid stevia or to taste
- Optional add-ins: MCT oil, collagen powder
- Optional garnish: Fresh mint leaves, to serve



**Instructions:**

1. Add all ingredients to a blender or Nutribullet and process until smooth and creamy.
2. Pour into a glass and garnish with fresh mint leaves, if desired. Enjoy!

**Tips:**

- You could add some fresh mint leaves to the blender, if you wish, to increase the minty flavor even more!
- If desired, top with keto whipped cream!

**Nutrition per Serving:**

- Fat: 26g
- Total Carbs: 4.1g
- Fiber: 1.5g
- Sugar Alcohols: 0g
- Net Carbs: 2.6g
- Protein: 1.1g
- Calories: 236

# Walnut and Cinnamon Smoothie





**Servings:** 1



**Time:** 5 minutes

This rich and creamy smoothie has all the health benefits from added walnuts. These tasty nuts are high in Vitamin E, which can help balance hormones. They are also a helpful antioxidant that can help to reduce risk of chronic illnesses, such as heart disease and cancer. It's absolutely delicious, too!



### **Ingredients:**

- 1 ½ cup ice
- 2 tbsp heavy cream
- ¼ tsp pure vanilla extract
- ¼ tsp ground cinnamon
- a pinch of nutmeg
- 1 cup unsweetened almond milk (or hemp or coconut milk)
- 1oz (¼ cup) walnuts
- 1 tsp brown erythritol (or sugar-free maple syrup)
- Optional add-ins: MCT oil, collagen powder



### **Instructions:**

1. Add all ingredients to a blender or Nutribullet and blend until smooth and creamy.
2. Pour into a glass and enjoy!

### **Tips:**

- It may take a little longer to blend with the added walnuts, so process for a little longer than usual.
- If desired, top with keto whipped cream and a sprinkle of cinnamon!

### **Nutrition per Serving:**

- Fat: 32.6g
- Total Carbs: 12.1g
- Fiber: 3.2g
- Sugar Alcohols: 4g
- Net Carbs: 4.9g
- Protein: 5.6g
- Calories: 330

# Chocolate Hazelnut Shake





**Servings:** 1



**Time:** 5 minutes

Hazelnuts and chocolate are a great combination and this shake is certainly proof of that! The hazelnuts provide some useful fiber here too, which your gut will thank you for!



### **Ingredients:**

- 1 ½ cups ice
- 2 tbsp heavy cream
- ½ tsp unsweetened cacao or cocoa powder
- ¼ tsp pure vanilla extract
- 1 cup unsweetened almond milk (or hemp or coconut milk)
- 1oz (¼ cup) hazelnuts
- 1 tsp erythritol
- Optional add-ins: 1 tsp hazelnut oil
- Optional add-ins: MCT oil, collagen powder



### **Instructions:**

1. Add all ingredients to a blender or Nutribullet and blend until smooth - give it some extra time to break down the hazelnuts!
2. Pour into a glass and enjoy!

### **Tips:**

- If desired, top with keto whipped cream!

### **Nutrition per Serving:**

- Fat: 31.7g
- Total Carbs: 13.5g
- Fiber: 4.5g
- Sugar Alcohols: 4g
- Net Carbs: 5g
- Protein: 6.1g
- Calories: 332

# Choco Cream Whippy Shake





**Servings:** 1



**Time:** 5 minutes

This shake is a bit of a treat! Add some extras, like coffee or keto cookie crumbs, and you could be on your way to making a keto replacement for some of those coffee treats you may be missing.



**Ingredients:**

**For the Shake:**

- 1 ½ cup ice
- 1 tbsp heavy cream
- ¼ tsp pure vanilla extract
- 1 cup unsweetened almond milk (or hemp or coconut milk)
- ½ tbsp cacao powder
- 1 tsp erythritol
- Optional add-ins: MCT oil, collagen powder

**For The Whipped Topping :**

- ¼ cup heavy cream
- 1 tsp erythritol
- ⅛ tsp vanilla extract
- Pinch of cacao powder to serve



**Instructions:**

1. Add all the ingredients into a blender or Nutribullet and blend until smooth and creamy.
2. Pour into a glass.
3. For the topping, add cream, erythritol and vanilla to a small bowl and whip until thick.
4. Stir in the creamy topping and top with a pinch of cacao powder, before serving.

**Tips:**

- You could add a shot of espresso here and make a Choca Mocha!

**Nutrition per Serving:**

- Fat: 38.1g
- Total Carbs: 12.9g
- Fiber: 1g
- Sugar Alcohols: 8g
- Net Carbs: 3.9g
- Protein: 2.2g
- Calories: 354

# Spiced 'Eggnog' Smoothie





**Servings:** 1



**Time:** 5 minutes

This smoothie has all the flavors of 'Eggnog' and can be used as a delicious treat during the holiday season. Top with a little keto whipped cream and a sprinkle of cinnamon for an extra indulgent treat!



### **Ingredients:**

- 1 cup ice
- 2 tbsp heavy cream
- ¼ tsp vanilla extract
- ¼ tsp ground cinnamon
- pinch of ground ginger
- pinch of ground nutmeg
- 1 cup unsweetened, full-fat canned coconut milk
- 4-5 drops of stevia (optional)
- 1 tsp chopped almonds



### **Instructions:**

1. Add all ingredients to a Blender or Nutribullet, excluding chopped almonds, and process until smooth and creamy.
2. Pour into a glass, sprinkle over the reserved almonds and enjoy!

### **Tips:**

- You could use a keto 'Christmas Cake Spice' here instead of the separate spices.
- If desired, top with keto whipped cream for a really festive treat!

### **Nutrition per Serving:**

- Fat: 49.2g
- Total Carbs: 7.9g
- Fiber: 1.3g
- Sugar Alcohols: 0g
- Net Carbs: 6.6g
- Protein: 3.9g
- Calories: 486

# Chia and Avocado Smoothie





**Servings:** 1



**Time:** 5 minutes

Chia seeds are both filling and nutritious, and they pair well with the avocado, which has the same benefits! Chia seeds are known to be full of omega-3 fatty acids, which are reported to help with heart health. The monounsaturated fats in the avocado are also thought to help with heart health and will keep you feeling full.



**Ingredients:**

- ½ cup ice
- ½ avocado
- ¼ tsp pure vanilla extract
- 2 tsp chia seeds
- 1 ¼ cup unsweetened almond milk (or hemp or coconut milk)
- 4-5 drops liquid stevia (optional)



**Instructions:**

1. Add all ingredients to a blender or Nutribullet and blend until smooth and creamy.
2. Pour into a glass and enjoy!

**Tips:**

- Add some ground cinnamon if you fancy a little spice.

**Nutrition per Serving:**

- Fat: 14.9g
- Total Carbs: 11.9g
- Fiber: 3.7g
- Sugar Alcohols: 0g
- Net Carbs: 8.2g
- Protein: 3.4g
- Calories: 197

# Miraculous Mint Keto Chocolate Chip Frappe





**Servings:** 1



**Time:** 5 minutes

You'll feel like you're sipping a milkshake from your favorite ice cream shop when you make this Miraculous Mint Keto Chocolate Chip Frappe. The mint extract adds a refreshing twist, and we've even packed in some spinach, although you'd never know!



### Ingredients:

- 1 cup ice
- 1 1/2 cup unsweetened almond milk (substitute coconut milk or hemp milk)
- 2 tbsp heavy cream
- 1/2 ripe avocado
- 1 cup baby spinach
- 2 tsp erythritol, or to taste
- 1/2-1 tsp peppermint extract, to taste
- 1 tbsp sugar-free chocolate chips, plus more for topping
- Optional: keto whipped cream, for topping



### Instructions:

1. Add all ingredients to a blender or Nutribullet and puree until smooth and creamy.
2. Pour into a glass and top with keto whipped cream and a few chocolate chips or shavings, if desired.

### Tips:

- If looking for brand recommendations, we love [Swerve](#) brand erythritol and [Lily's](#) dark chocolate chips!

### Nutrition per Serving:

- Fat: 27.35g
- Total Carbs: 21.7g
- Fiber: 8.3g
- Sugar Alcohols: 7.5g
- Net Carbs: 5.9g
- Protein: 5.8g
- Calories: 320.4

# Wake Me Up Keto Mocha Frappe





**Servings:** 1



**Time:** 5 minutes

On keto, you begin to realize how many of your routine foods and drinks contain added sugars, especially fancy coffee shop beverages. That's why we've invented this amazing Wake Me Up Keto Mocha Frappe. It's the most delicious way to add some energy to your day!



### Ingredients:

- 1 ½ cups crushed ice
- ½ cup cold brew iced coffee
- 1 ½ tsp powdered erythritol (or another keto sweetener, to taste)
- ¼ cup heavy cream
- 1 cup unsweetened vanilla almond milk
- 2 tsp unsweetened cocoa powder
- Optional add-ins: 1 scoop Keto Activate, Creamy Chocolate Keto Shake, MCT oil or powder, collagen powder.
- Optional toppings: keto whipped cream, sugar-free chocolate syrup



### Instructions:

1. Blend all ingredients until smooth in a high-powered blender.
2. Pour into a glass and top with desired toppings.

### Tips:

- If adding Keto Shake or Keto Activate, you may want to adjust sweetener and cocoa powder, to taste.

### Nutrition per Serving:

- Fat: 24.6g
- Total Carbs: 9.1g
- Fiber: 1.7g
- Sugar Alcohols: 4.5g
- Net Carbs: 2.9g
- Protein: 3.2g
- Calories: 247

# Creamy Coconut Blackberry Shake





**Servings:** 1



**Time:** 5 minutes

This smooth, creamy shake is perfect for a refreshing snack and is the perfect way to use up blackberries that you may have picked yourself. If you don't have blackberries on hand, feel free to use another berry, such as raspberries.



**Ingredients:**

- 1 cup ice
- $\frac{3}{4}$  cup unsweetened, full-fat canned coconut milk
- $\frac{1}{2}$  cup blackberries
- $\frac{1}{4}$  tsp pure vanilla extract
- 4-5 drops of stevia - or your choice of keto sweetener, to taste



**Instructions:**

1. Add all ingredients to a blender or Nutribullet and puree until smooth and creamy.
2. Pour into a glass and enjoy!

**Tips:**

- Make sure you shake the canned coconut milk up if you have kept it in the fridge, as you want a mix of all the thick cream in your shake and not just the thinner milk.
- If desired, top with keto whipped cream!

**Nutrition per Serving:**

- Fat: 27g
- Total Carbs: 11g
- Fiber: 4g
- Sugar Alcohols: 0g
- Net Carbs: 7g
- Protein: 3g
- Calories: 301