



Dr. Bergman's Hot Chocolate

2 scoops Ketogenic Shake—Chocolate
8 oz. hot water

Directions:

Mix 2 scoops of Ketogenic Shake—Chocolate and 8 oz. of hot water in a blender (Magic Bullet-type blender works best to eliminate clumping).
Serve warm.

Nutrient Analysis:

Total Calories: 220
Fat: 14 g
Total Carbohydrates: 5 g
Fiber: 2 g
Added Sugars: 0 g
Protein: 20 g

Talk to your healthcare practitioner today about implementing a **Ketogenic Program**, or visit [Metagenics.com/ketogenic](https://www.metagenics.com/ketogenic)

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