



Chocolate Raspberry Shake

2 scoops Ketogenic Shake—Chocolate
1/4 cup raspberries
1/4 cup coconut milk, canned
2 tsp. MCT Oil
1/2 cup water
3-4 ice cubes

Directions:

Add all ingredients in a blender. Blend until smooth.

Nutrient Analysis:

Total Calories: 464
Fat: 39 g
Total Carbohydrates: 12 g
Fiber: 5 g
Added Sugars: 0 g
Protein: 22 g

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