

NAME

Avocado Milkshake

DESCRIPTION

About 25 years ago, my friend Kristi and I discovered Avocado Milkshakes. We ventured into a hole in the wall restaurant called Vietnam Kitchen. I'm glad to report the restaurant is still thriving in the south side of Louisville. Kristi and I dared each other to try it and were amazed at the flavor. It was love at first sip.

Drinking an Avocado Milkshake full of sugar isn't so good for you. That's why I created a keto recipe that is sugar free, gluten free, and low carb. Full of healthy fat, I like to serve it with spicy foods or for breakfast.

Make an Avocado Milkshake when you need a quick meal. I like to pour mine into a paper cup to sip while driving to work. Having a healthy meal on the go? That's KetoLuxe.

PREP

Less than 5 minutes

COOK

No cooking

INGREDIENTS

1 ripe avocado
1 cup ice
½ cup unsweetened almond milk
1 tablespoon KetoLuxe Sweetened Condensed Milk
1 tablespoon KetoLuxe Vanilla Bean Reishi Protein Shake Mix
2 tablespoons KetoLuxe Allulose

DIRECTIONS

1. Place avocado pulp, ice, almond milk, Sweetened Condensed Milk, Vanilla Bean Reishi Protein Shake Mix, and Allulose into a blender.
2. Blend until smooth.

YIELD

2 servings

NOTES

Sam likes to add a fresh squeeze of lime juice or some blueberries. Personalize it how you want.

NUTRITION BREAKDOWN, EACH SERVING

Net carbs: 4 grams
Sugar alcohol: 15 grams
Total carbs: 27 grams
Fiber: 8 grams

Fat: 34 grams
Protein: 10 grams
Sodium: 323 milligrams
Calories: 374
Glycemic load: 1