

Lemon Cake Keto Shake



Prep Time

1 minutes

Total Time

2 minutes

Servings

1

Allergens

Peanut-free, shellfish-free, egg-free,
dairy-free, soy-free, gluten-free

Required Equipment

**Blender, paring knife,
cutting board**



Nutrition

314 Calories

25g Fat

22g Protein

1g Net Carbs

Ingredients

- 16oz unsweetened almond milk (or preferred non-dairy milk)
- 1 scoop Vanilla Organic Bone Broth Protein
- 1 tbsp Keto MCT Oil
- 1 tsp Pure Omega-3
- ½ whole vanilla bean - scraped (optional)

Instructions

1. If using whole vanilla bean, split the pod lengthwise using a paring knife. Hold one end of the pod against your cutting board and using the dull side of the knife, scrape the vanilla beans from the pod. Set the vanilla bean aside and discard the pod.
2. Pour almond milk into your blender and add Keto MCT Oil, Pure Omega-3, Vanilla Organic Bone Broth Protein, and vanilla bean.
3. Blend on high for 30 seconds.
4. Pour into your favorite glass and enjoy!