

Buttery Keto Bone Broth Shot with Turmeric and MCT Oil



Prep Time
10 minutes

Total Time
10 minutes

Servings
2

Allergens

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

Required Equipment

Blender



Nutrition

186 Calories
15g Fat
11g Protein
0g Net Carbs

Ingredients

- 2 cups Unsweetened Almond Milk
- 1 scoop Natural Force Organic Turmeric Bone Broth Protein
- 1 tbsp Natural Force MCT Oil
- 1 tbsp Grass Fed Butter or Ghee
- Pinch of Ground Ginger
- Pinch of Cinnamon
- Pinch of Turmeric (Optional)
- Pinch of Black Pepper

Instructions

1. Heat almond milk over the stove until warm, pour into blender.
2. Add Turmeric Bone Broth Protein Powder, MCT Oil, butter, and spices and blend for 30 seconds.
3. Divide the mixture equally between 2 small mugs and serve.