

Inflammation Fighting Keto Bone Broth Protein Shake with Turmeric & MCTs



Prep Time

1 minutes

Total Time

1 minutes

Servings

1

Allergens

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

Required Equipment

Blender or Blender Bottle



Nutrition

239 Calories

16g Fat

20g Protein

1g Net Carbs

Ingredients

- 16 oz Unsweetened coconut milk
- 1 scoop Natural Force Organic Turmeric Bone Broth Protein
- 1 tbsp Natural Force Vanilla Keto Coffee Creamer
- 2 ice cubes (optional)

Instructions

1. Combine all ingredients except ice cubes in a blender, blender bottle, or mason jar.
2. Blend or shake for approximately 20 seconds or until ingredients are evenly combined.
3. If using ice cubes, add ice cubes to the shake, wait 1-2 minutes for shake to cool, and then enjoy!