

# Keto Hot Chocolate with Bone Broth Protein and MCTs



Prep Time

**10 minutes**

Total Time

**15 minutes**

Servings

**2**

Allergens

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

Required Equipment

**Blender**



## Nutrition

132 Calories

5g Fat

12g Protein

13g Net Carbs

## Ingredients

- 1 scoop Natural Force Organic Chocolate Bone Broth Protein
- 1 tbsp Natural Force Organic MCT Oil
- 2 tbsps unsweetened cacao powder
- 2 ½ cups cashew milk
- ½ cup coconut cream
- 1 tsp cinnamon
- ¼ tsp cayenne
- ⅛ tsp Himalayan pink sea salt
- 2 tbsps monk fruit sweetener
- Optional Toppings:
  - 4 tbsps coconut cream, whipped
  - cacao nibs

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## Instructions

1. Place all ingredients (except optional toppings) in a blender and blend until smooth.
2. Pour chocolate mixture into a small saucepan over medium heat and bring to a simmer.
3. Pour hot chocolate mixture into 2 mugs, top with coconut whipped cream and cacao nibs (if desired), and serve!