

# Easy Keto Smoothie Bowl with Blueberries, Marine Collagen and MCTs



Prep Time

**10 minutes**

Total Time

**0 minutes**

Servings

**1**

Allergens

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

Required Equipment

**Blender**



## Nutrition

892 Calories

74g Fat

19g Protein

20g Net Carbs

## Ingredients

- 1 cup unsweetened coconut milk
- 1 cup frozen cauliflower
- 1 ½ cup frozen coconut chunks
- 1 scoop Natural Force Marine Collagen Peptides
- 1 tablespoon frozen wild blueberries
- 2 teaspoons Natural Force Vanilla Keto Coffee Creamer
- 1 teaspoon E3Live Blue Majik Powder
- 2 tablespoons full fat coconut yogurt
- 2-3 ice cubes
- 5 drops of liquid stevia (or more, to desired sweetness)
- Optional toppings: blueberries, kiwi, shredded coconut, bee pollen, nuts, seeds, etc!

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## Instructions

1. Pour the coconut milk into the blender.
2. Add other ingredients to the blender one by one, blending periodically to combine.
3. Add the ice cubes and blend until completely smooth.
4. Pour the smoothie into a bowl and add your desired toppings. Have fun with it!