



SMOOTHIE RECIPE

Lemon Cheesecake Keto Smoothie

1 Lemon Tart Chief Collagen bar
¾ cup unsweetened coconut milk
or filtered water
¼ cup 100% natural coconut cream
Zest from ½ lemon
A pinch of natural unsweetened
vanilla bean powder or ¼ tsp vanilla paste

DAIRY-FREE

Five drops of stevia extract
or ½ tsp monk fruit powder
A handful of ice cubes

Extra texture and calories:

½ frozen avocado

If you don't care about keto:

½ frozen banana and honey

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Method

Blend all ingredients until smooth, saving half the Lemon Tart Chief Collagen Bar to crumble on top.

