

GOLDEN SUPER LATTE

INGREDIENTS

2 scoops of Vanilla Keto Shake (60g)

1 tsp of turmeric powder

1 tsp of pumpkin pie spice

1 cup unsweetened vanilla or plain almond milk or
filtered cold water

INSTRUCTIONS

Blend ingredients.

Serve hot or cold!

PER SERVE

Calories	Net Carbs	Protein	Fat	Dietary Fibre
344	3g	16g	28g	7g