

Keto Raspberry Cream Smoothie

Ingredients:

- ½ c. fresh or frozen raspberries
- 1/3 c. heavy cream
- 1 c. water
- 1 T. fresh lime juice
- *1 scoop vanilla protein powder
- 1 cup sliced cucumbers, peeled
- 8-10 large ice cubes

Optional garnish:

Dollop of fresh whipped cream and/or 2 or 3 fresh raspberries

Directions:

1. Combine all ingredients in a high-powered blender and blend on high speed for 2-3 until thoroughly combined. Add additional water, if desired, to adjust consistency.
2. Pour into two glasses and garnish with a spoonful of whipped cream and additional raspberries, if desired. Serve immediately. Enjoy! .

Macros vary widely across different brands and types of protein powder. The brand used for this analysis is Primal Kitchen Collagen Fuel, Vanilla Coconut. Macros are broken out separately to show the other ingredients + this specific brand of protein powder. You will need to adjust based on your own preferred brand.

Macros - per serving**

Calories: 93
Fat: 7.63g
Carbs: 6.14g
Net Carbs: 3.74g
Protein: 1.15g

Primal Kitchen Collagen Fuel, Vanilla Coconut

Macros - per serving (source: product label)
Calories: 70
Fat: 1.25g
Carbs: 0.5g
Net Carbs: 0.5g
Protein: 5g

****Source:** [HappyForks.com](https://www.happyforks.com)

Nutritional information provided for entertainment purposes only and should not be construed as medical guidance or advice. All information is based solely on results provided by HappyForks.com and product packaging. Neither is guaranteed to be accurate



natural
awakenings

Prep time: 5 minutes

Cook time: n/a

Serves: 2