

Blueberry Keto Breakfast Bowl

Servings: 3

Ingredients:

1 can full fat unsweetened coconut milk
1 tsp cinnamon
1 tsp vanilla extract
1 cup frozen blueberries
1/4 cup MCT oil
1 TBSP apple cider vinegar
2 TBSP chia seeds
3 drops liquid stevia

Instructions:

1. Put all ingredients in a blender and blend until smooth.
2. Split between 3 bowls and top with your preferred toppings. Great with unsweetened coconut flakes and almonds or pecans.

Macros per serving (vary depending on brands used): Calories-256, Net Carbs-6.3g, Fat-22g, Protein- 3.67g