

KetoFUEL Chocolate Shake (or Mocha, Mint Variations)

Becky Gaisford

Ingredients:

Heavy Whipping Cream | 2 TBSP (or to taste...like a bit more!)

Cocoa Powder | 1 TBSP

Waldon Farms Chocolate Syrup | 1 Tbsp or to taste (optional, can use any Sweetener of choice like flavored stevia drops or plain Lakanto or Swerve, etc. This is only to add sweetness, if wanted.)

KetoFUEL | 2 heaping scoops

Mineral Caps – 2 (When it comes to minerals...more is more!)

Shredded zucchini | About a handful – can use sliced zucchini (optional)

Unsweetened coconut/almond milk | 1 cup (optional can use water instead)

WP Chocolate Protein Fuel Booster | 1 scoop

Burn Caps | 1-2, as desired (I sometimes just use ½ cap...optional if you take them separately...this is a good option if you have sensitivity to them.

Sea Salt | just a pinch

Ice | 2 cups or to desired thickness

Water | To thin down shake, if necessary

Directions:

In blender, combine all ingredients together, beginning with the liquids and ending with the ice and zucchini. Blend well until thick and all incorporated. If desired, pour into a stainless steel insulated mug (Like the Bula Insulate...this shake will be big enough that it will take two of them.) Sip and enjoy!!!

Variations: Add 1 tsp instant coffee crystals to add a slight mocha flavor

Add 5 drops WP peppermint essential oil or ¼ tsp peppermint extract for a lovely chocolate-mint shake!