

KetoFUEL Very Berry Shake

Becky Gaisford

Ingredients

Blueberry Bai Drink | 1 cup (optional but really good! Could sub with water or another liquid of choice.)

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

Waldon Farms Strawberry 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

Unsweetened Coconut Flakes | About 1 Tbsp (for extra flavor and texture... (optional)

Crystalized Lemon Powder | About 1 tsp or to taste (optional here but adds extra depth and flavor to shake.)

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

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

Fresh Raspberries or blackberries | 3-4

Unsweetened coconut/almond milk | 1 cup (optional)

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.

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: