Prep Time: 5 minutes

Cook Time: 0 minutes

Total Time: 5 minutes

Difficulty: Easy

Intensity Level: Low (no cooking required, minimal equipment)

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Ingredients

For the Shake:

- 1 scoop (30–35 g) vanilla or chocolate keto-friendly protein powder (whey isolate or grass-fed collagen peptides recommended)
- 1 cup (240 ml) unsweetened almond milk (or coconut milk for extra creaminess)
- ¼ cup (60 ml) heavy whipping cream
- ½ medium avocado (about 50 g), ripe
- 1 tablespoon (15 ml) MCT oil (or coconut oil)
- 1 tablespoon (10 g) chia seeds
- 1 teaspoon (5 ml) pure vanilla extract
- 2–3 drops liquid stevia (or 1 tablespoon erythritol, adjust to taste)
- ¼ teaspoon ground cinnamon
- Pinch of sea salt

- 4–5 ice cubes

Optional Add-Ins:

- 1 tablespoon unsweetened cocoa powder (for chocolate version)
- 1 tablespoon almond butter or peanut butter (unsweetened)
- 1 handful fresh spinach (adds nutrients without affecting taste)
- 1 tablespoon flaxseed meal

Equipment Needed

- High-speed blender
- Measuring cups and spoons
- Tall glass for serving

Instructions

Step 1: Prepare the Ingredients (1 minute)

Measure all ingredients accurately. If using avocado, halve it, remove the pit, and scoop out the flesh. Ensure your protein powder is keto-friendly (low carb, no added sugars).

Step 2: Add Liquids First (30 seconds)

Pour the unsweetened almond milk and heavy whipping cream into the blender first. This helps prevent the protein powder from sticking to the bottom of the blender jar and ensures smoother blending.

Step 3: Add Dry and Semi-Solid Ingredients (1 minute)

Add the protein powder, avocado flesh, MCT oil, chia seeds, vanilla extract, ground cinnamon, sea salt, and your chosen sweetener. If using optional add-ins like cocoa powder, almond butter, spinach, or flaxseed meal, add them now.

Step 4: Add Ice (30 seconds)

Drop in 4–5 ice cubes. The ice helps create a thick, milkshake-like consistency while keeping the drink refreshingly cold.

Step 5: Blend on High (1–2 minutes)

Secure the lid and blend on high speed for 60–90 seconds until completely smooth and creamy. If the shake seems too thick, add 1–2 tablespoons of additional almond milk and blend for another 10 seconds. If it’s too thin, add a few more ice cubes.

Step 6: Taste and Adjust (30 seconds)

Taste the shake and adjust sweetness if needed by adding another drop of stevia or a pinch of erythritol. Blend for 5 seconds to incorporate.

Step 7: Serve Immediately (30 seconds)

Pour the shake into a tall glass. Optional: top with a sprinkle of cinnamon, a few chia seeds, or a drizzle of melted coconut oil. Serve immediately with a straw or spoon.

Timing and Intensity Breakdown

Phase	Time	Intensity
Ingredient preparation	1 minute	Low
Adding liquids to blender	30 seconds	Low
Adding remaining ingredients	1 minute	Low
Adding ice	30 seconds	Low
Blending	1–2 minutes	Medium (blender noise/vibration)
Taste adjustment	30 seconds	Low
Serving	30 seconds	Low
Total	5 minutes	Low–Medium

Intensity Notes: This recipe requires no heat, no chopping (beyond halving an avocado), and no advanced technique. The only “intense” moment is the blending phase, which is brief and hands-off. Perfect for beginners, busy mornings, or post-workout quick nutrition.

Tips for Best Results

1. Use frozen avocado for an even thicker, frostier texture — freeze avocado chunks in advance.

2. Choose a quality protein powder — look for one with at least 20 g protein and fewer than 3 g net carbs per scoop. Whey isolate blends smoothest; collagen peptides are thinner.

3. Don’t skip the salt — a pinch enhances sweetness and replenishes electrolytes, which is especially important on keto.

4. Blend longer for chia seeds — if you prefer a smoother texture, blend chia seeds with the liquids first for 30 seconds before adding other ingredients.

5. Meal prep option — pre-measure dry ingredients into freezer bags and freeze avocado chunks; in the morning, just add liquids and blend.

6. Adjust thickness — for a thinner shake, use 1¼ cups almond milk; for a spoonable smoothie bowl, reduce almond milk to ¾ cup and add extra ice.

Variations

- Chocolate Peanut Butter: Add 1 tablespoon unsweetened cocoa powder and 1

tablespoon natural peanut butter; use chocolate protein powder.

- Berry Keto: Add ¼ cup fresh or frozen raspberries (lowest-carb berry) and reduce sweetener slightly.
- Coffee Boost: Substitute ¼ cup of the almond milk with cooled brewed espresso or cold brew for a keto frappe.
- Green Keto: Add a handful of spinach and ¼ cucumber; increase sweetener to 1 teaspoon erythritol.

Storage and Make-Ahead

- Best consumed fresh — within 15 minutes for optimal texture.
- Refrigerate leftovers in a sealed jar for up to 24 hours; shake well or re-blend with a few ice cubes before drinking.
- Not suitable for freezing as a whole shake (separation occurs), but you can freeze portions in ice cube trays and re-blend later.
- Meal prep kits: Combine dry ingredients (protein powder, chia, cinnamon, salt) in small jars; store avocado and liquids separately.

Nutrition Information (Per Serving)

Based on 1 serving using whey isolate protein powder, unsweetened almond milk, heavy cream, avocado, MCT oil, chia seeds, and stevia. Values are estimates and vary by brand.

Nutrient	Amount
Calories	520 kcal
Total Fat	40 g
— Saturated Fat	15 g
— Monounsaturated Fat	14 g
— Polyunsaturated Fat	6 g
Total Carbohydrates	11 g
— Dietary Fiber	7 g
— Net Carbs	4 g
— Sugars	1 g
Protein	32 g
Cholesterol	55 mg
Sodium	220 mg
Potassium	480 mg
Calcium	320 mg
Iron	2.5 mg
Vitamin C	5 mg

Macro Breakdown (Keto-Friendly):

- Fat: ~69% of calories
- Protein: ~25% of calories

- Net Carbs: ~3% of calories