AMERICAN · DRINK

Keto Caramel Frappuccino (Blended Iced Coffee)

5 min · Makes 1 × 1 large glass (about 450 ml) · 327 kcal a portion

Video 4:07 · All Day I Dream About Food

Gluten-free ingredients

A sugar-free take on a coffee-house frappé: cream gives most of its energy as fat, it has only about 3 g net carbs, and the collagen adds about 12 g of protein.

Diet notes: Keto (3.2 g net carbs a serve).

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Ingredients

8 · MAKES 1 × 1 LARGE GLASS (ABOUT 450 ML)

- [ ] 1½ cups **crushed ice**
- [ ] ½ cup **unsweetened almond milk** (or hemp milk)
- [ ] ¼ cup **heavy whipping cream**
- [ ] 1 tsp **instant espresso powder** (or 1 packet Starbucks VIA)
- [ ] 2 tbsp **powdered Swerve sweetener**
- [ ] 2 tbsp **collagen powder** (plain or salted caramel)
- [ ] ¼ tsp **caramel extract**
- [ ] **whipped cream**, to top (optional)

Contains: Milk, Tree nuts. Check labels on stock, sauces and spice mixes.

Method

TIMES = THE MOMENT IN THE VIDEO

1. Put 1½ cups crushed ice in a blender (crushed ice blends smoother than cubes). Add ½ cup unsweetened almond milk and ¼ cup heavy whipping cream. 0:33
2. Add the coffee: 1 tsp instant espresso powder or a packet of instant coffee. Use a concentrated coffee, not brewed coffee, or the drink turns watery. 0:58
3. Add 2 tbsp powdered sweetener, 2 tbsp collagen powder and ¼ tsp caramel extract. 1:29
4. Blend on high until thick and smooth. If ice gets stuck, stop, stir with a spatula and blend again. 2:08
5. Pour into a tall glass (or two small ones) and top with whipped cream if you like. Drink straight away. 2:46

> **Tip** The cook tops it with her sugar-free caramel sauce (separate video). Plain collagen or any protein powder works. The written recipe makes 1 large drink; in the video she splits it between two glasses.

The method is a summary in our words — the video shows every step.

One portion, 1 large glass (about 450 ml), gives you

1 OF 1 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
327 kcal	14 g	3.7 g	0.5 g	28 g	150 mg
1,370 kJ	29% of a day	3.2 g net · 2.3 g sugars	2% of a day	17 g saturated	6% of a day
		1% of a day		36% of a day	

Energy from net carbs 4% · protein 17% · fat 79% — fits keto: 3.2 g net carbs, 79% of the energy from fat

High in (20%+ of a day) Vitamin A 34% · Vitamin E 28% · Calcium 22%

Source of (10–19%) Omega-3 16% · Selenium 15%

Recipe and video: All Day I Dream About Food (@AllDayIDreamAboutFood) on YouTube — youtube.com/watch?v=UxV-_TFoM0A, published 10 July 2024. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/keto-caramel-frappuccino