AMERICAN · DRINK

Keto Strawberry Shake with Cream

5 min · Makes 2 × 1 glass (about 200 ml) · 227 kcal a portion

Video 4:19 · Dot2Trot's Low Carb Living

Vegetarian · Gluten-free ingredients

Real strawberries give it flavour and vitamin C with no added sugar, at about 6 g net carbs a glass, and the cream and MCT oil give most of its energy as fat.

Diet notes: Keto (6 g net carbs a serve).

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Ingredients

7 · MAKES 2 × 1 GLASS (ABOUT 200 ML)

- [ ] 1 cup **strawberries**, frozen or fresh
- [ ] ¾ cup **unsweetened macadamia milk** (or almond milk)
- [ ] ¼ cup **heavy cream**
- [ ] 1 tbsp **lemon juice**
- [ ] 1 tsp **vanilla extract**
- [ ] 4 tsp **MCT oil** (optional)
- [ ] 2 tsp **powdered Swerve** (or a few drops of stevia), optional

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

Method

TIMES = THE MOMENT IN THE VIDEO

1. Freeze the strawberries overnight if you like a colder, chunkier shake, then take them out about 30 minutes before blending so they soften a little. 0:51
2. Put 1 cup strawberries in the blender with ¾ cup unsweetened macadamia or almond milk, ¼ cup heavy cream, 1 tbsp lemon juice, 4 tsp MCT oil and 1 tsp vanilla. 2:02
3. Add 2 tsp powdered sweetener (or a few drops of stevia) only if your strawberries aren't very sweet. Use a powdered sweetener, not granular. 2:08
4. Blend until as smooth or as chunky as you like, scraping down the sides if needed, then divide between two glasses. 2:30

> **Tip** For a thicker shake the cook suggests 1 tbsp chia seeds soaked in half the milk, 1–2 tbsp cream cheese, or a scoop of whey protein (add their carbs). Without the MCT oil it is about 80 kcal lighter a glass.

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

One portion, 1 glass (about 200 ml), gives you

1 OF 2 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
227 kcal	1.7 g	7.9 g	1.9 g	21 g	80 mg
950 kJ	3% of a day	6 g net · 5 g sugars	7% of a day	14 g saturated	3% of a day
		3% of a day		27% of a day	

Energy from net carbs 11% · protein 3% · fat 86% — fits keto: 6 g net carbs, 86% of the energy from fat

High in (20%+ of a day) Vitamin C 52% · Vitamin E 20%

Source of (10–19%) Calcium 15% · Vitamin A 14% · Omega-3 10%

Recipe and video: Dot2Trot's Low Carb Living (@Dot2TrotsLowCarbLiving) on YouTube — youtube.com/watch?v=TsYbUNLNhfk, published 21 April 2018. 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-strawberry-cream-shake