

# Keto Chocolate Egg Shake

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♥ [lowcarblove.com/blog/keto-egg-fast-shake](https://lowcarblove.com/blog/keto-egg-fast-shake)

April 6, 2021



Servings: 2

## Ingredients:

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- 2 Eggs
- 1/2 cup of almond milk
- 1/2 cup of water
- 2 ounces of Cream cheese
- 1 tablespoon of Sweetener
- 2 tablespoons of Cocoa powder
- 3 tablespoons of Peanut butter powder
- 1/2 teaspoon of vanilla extract
- 1/4 teaspoon of caramel flavoring (optional)

## Directions:

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1. Add ingredients to a blender and blend
2. Taste and add a pinch of salt or more sweetener
3. Enjoy!

**Nutrition:**

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Nutrition per serving:

- 2g Net Carbs
- 3g Fiber
- 4g Total Carbs
- 12g Protein
- 18g Fat
- 220 Calories