

Dairy-free Keto Latte

(Thursday Breakfast)



1 serving

Net carbs: 2 % (1 g)

Fiber: 0 g

Fat: 87 % (18 g)

Protein: 12 % (6 g)

kcal: 191

INGREDIENTS:

1 egg

1 tbsp coconut oil

$\frac{3}{4}$ cup boiling water

$\frac{1}{2}$ pinch vanilla extract

$\frac{1}{2}$ tsp pumpkin pie spice or ground ginger

DIRECTIONS:

1. Blend all ingredients in a blender. Drink immediately.