

Keto Hot Chocolate

Yield: 4 min
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/swiss-cocoa-keto-recipe>

Ingredients:

- 1 can coconut milk
- 2 tablespoons coconut butter
- 3 tablespoons erythritol powdered
- 3 tablespoons cocoa powder
- 1 tablespoon Collagen
- 1 pinch salt
- 1 pinch cinnamon
- 1 pinch cayenne pepper optional, but brings out the chocolate flavor
- 1 can coconut milk
- 2 tablespoons coconut butter
- 3 tablespoons erythritol powdered
- 3 tablespoons cocoa powder
- 1 tablespoon Collagen
- 1 pinch salt
- 1 pinch cinnamon
- 1 pinch cayenne pepper optional, but brings out the chocolate flavor

Nutrition:

1. Calories: 530 calories
2. Carbohydrate: 18 grams
3. Fat: 52 grams
4. Fiber: 7 grams
5. Protein: 12 grams
6. SaturatedFat: 45 grams
7. Sodium: 200 milligrams
8. Sugar: 7 grams

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