

# Milk Tart Smoothie Bowl

*This smoothie bowl hits all the right spots. It is creamy because of the xanthan gum, guilt free and keto friendly with only 3.3g net carbs per serving ... a win-win situation!*

## SERVES 1

225g coconut milk  
¼ cup almond milk  
2 scoops vanilla whey protein  
½ teaspoon xanthan gum  
½ teaspoon ground cinnamon, plus  
extra for sprinkling

Pour the coconut milk into an ice tray and freeze. Place the frozen blocks, as well as the remaining ingredients into a high-speed blender and blend. Pour into a bowl and sprinkle with ground cinnamon.

