

Keto Frosty Chocolate Shake

Ingredients:

6 tablespoons heavy cream
5 tablespoons almond milk, unsweetened
1/8 teaspoon sugar free vanilla extract
2 tablespoons unsweetened cocoa power
1 1/2 teaspoons truvia or 2 tablespoons
equivalent artificial sweetener



Directions:

Start whipping cream with the Bosch mixer with the whips until soft peaks form.

Slowly add remaining ingredients.

Continue beating until stiffer peaks form.

Put mixture in freezer.

After 20 minutes, remove from freezer and stir with fork to break up frozen areas around edges.

Keep checking mix every 20 minutes and stir until it's cold enough and the right consistency.