

Beverage: Keto Iced Coffee

Ingredients:

- 4 cups brewed coffee, chilled
- 1 cup unsweetened almond milk
- 1/4 cup heavy cream
- 2 tablespoons MCT oil
- 2 tablespoons powdered erythritol
- Ice cubes

Instructions:

1. In a blender, combine chilled coffee, almond milk, heavy cream, MCT oil, and erythritol.
2. Blend until smooth and frothy.
3. Pour over ice cubes and serve immediately.

Macros (per serving):

- Calories: 150
- Fat: 14g
- Protein: 1g
- Carbs: 2g
- Fiber: 0g
- Net Carbs: 2g