

Keto Almond Butter and Raspberries Dessert



This dessert draws its idea from the popular peanut butter & jelly and gives a taste twist by swapping the ingredients with almonds & raspberries.

Ingredients for 2 serving (US/Metric)

- 19g / 0.7oz Almonds, raw
- 0.5 *tbsp* Chia seeds
- 1.5 *tsp* Unsweetened Dried Coconut
- 22g / 0.8oz Almond butter
- 0.5 *cup* Coconut milk
- 6 *tbsp* Almond milk
- 45g / 1.6oz Raspberries
- Xylitol

Nutrition (US/Metric)

- **Protein:** 11%
- **Fat:** 80%
- **Net carbs:** 9%

Instructions

1. Prepare the jelly in a pan by simmering the raspberries with water and xylitol (1/4 tsp) over low heat. When the raspberries start dissolving, turn off the stove, mix the chia seeds, and let it cool.
2. Prepare a thick velvety smoothie by blending the almond butter with coconut milk (solid portions only), leftover xylitol, and ½ of the almond milk. Pour the remaining almond milk little-by-little while blending.
3. Transfer the smoothie into a bowl & refrigerate for 5-10 minutes.
4. Serve the chilled smoothie with the jelly, chopped almonds, and desiccated coconut.