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)

- 19*g* / 0.7*oz* **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
- 45*g* / 1.6*oz* **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.