

Raspberry Cooler Drink (Low Carb)

Makes 3 cups

Ingredients:

- 1 cup raspberries (frozen or fresh)
- 1 ½ cups water
- ¼ cup heavy cream
- ½ tsp vanilla extract
- 1-2 cups ice cubes (to desired thickness)
- Sweetener: 2-3 TB xylitol or liquid stevia to desired sweetness

Directions:

- Combine raspberries, water, cream and vanilla in a blender or food processor until smooth
- Add ice cubes, one at a time until desired consistency is reached
- Add xylitol or stevia to desired sweetness

Nutrition per cup:

130 calories

8g fat

6g carb (3g fiber)

1g protein