



Keto Shrimp Alfredo

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1 cup Heavy Cream
5 tbsp. Butter/2 tbsp.
Arette Organic Tea Oil
2 cloves Garlic
1 pound Shrimp, peeled
and deveined
5 tbsp. Water
1/2 cup Parmesan cheese
1 pound Broccoli,
chopped and steamed

1. Add 2 tbsp. of butter/Arette Organic Tea Oil to a medium-high skillet. Introduce the garlic cook until slightly browned
2. Add shrimp and cook for 2-3 minutes on each side, or until pink. Remove shrimp and keep warm.
3. Toss all the, water, cream cheese, an Parmesan into pan and stir vigorously. Remove from heat once butter and cream have melted.
4. Stir in shrimp and broccoli.
5. Serve and enjoy!

Serves 4. Each serving is 517 calories, 38.25g fat, 8.5g carbs, 2.5g fiber, 6g net carbs, 24g protein.

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