

BULLET PROOF COFFEE

Prep 2 min | Blend time 3-5 seconds

Ingredients

- 1 cup coffee, herbal coffee, or chai tea
- 4 tsp oil or butter (MCT, coconut, grass fed butter)
- ½ tsp vanilla (optional)
- ½ tsp stevia (optional)
- Sprinkle of cinnamon (optional)

- Ketogenic
- Vegetarian
- Gluten free
- Low carb
- Anti-inflammatory

The added fats in this recipe result in a rich, creamy, and delicious drink. Plus, it decreases absorption time allowing prolonged release throughout the day.

Credit to Dave Asprey for popularizing this drink!



Directions:

Put all ingredients in a blender, food processor, magic bullet or use a hand blender. Mix until fully emulsified (light in colour). If in a plastic blender try to mix and pour as fast as possible.

Goes great with a cinnamon infused water.

Drink & enjoy!

Benefits:

- ❖ Improved fat metabolism throughout the day.
- ❖ Improved cognitive function.
- ❖ Increased energy.
- ❖ Increased production of healthy hormones.
- ❖ Less desire for multiple coffees throughout the day.
- ❖ Does not interfere with ketogenesis, allowing for all of the fat burning benefits to take place.