

Bulletproof Latte

3 ingredients · 15 minutes · 1 serving



Directions

1. Pour your brewed coffee into a blender with the ghee and coconut milk. Blend on high for 15-30 seconds or until frothy. Pour into a mug and enjoy!

Notes

No Ghee

Use coconut oil or butter.

More Fuel

Add 1 tablespoon MCT oil per cup.

No Coffee

Use your favourite tea instead.

Ingredients

1 cup	Organic Coffee (brewed)
1 tbsp	Ghee
2 tbsps	Organic Coconut Milk (canned, full-fat)