



BULLETPROOF COFFEE

SERVINGS: 4 ACTIVE TIME: 5 mins. TOTAL TIME: 15 mins.

The first time I had this coffee was in Charleston, SC, the morning after a bachelor party and let me tell you, I needed it that morning. Badly. This recipe includes some ingredients that I had never had in nor ever thought to include in coffee, but good lawd do they work quite well, so jump in with both feet on this recipe and take my word on it if the ingredient list raises an eyebrow. You won't regret it!

Ingredients

- > 12 cups hot coffee
- > 4 Tbsp unsalted butter (1/2 stick)
- > 2 Tbsp coconut oil
- > 2 scoops of chocolate whey protein (or sub raw cocoa powder along with sugar or agave for sweetness and flavor)

Directions

1. Put all ingredients into a blender and blend for 30–60 seconds until the coffee is well combined and frothy. A friendly reminder to use an oven mitt to hold on the blender lid tightly and be very careful about / conscious of hot coffee possibly exploding out.



Shopping List

- coffee
- unsalted butter
- coconut oil
- chocolate whey protein (or raw cocoa powder with sugar or agave)