



BULLETPROOF COFFEE

The Soulful Journey

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Bullet Proof Coffee is a great way to get some of your healthy fats in first thing in the morning! It is also very filling which means you may find yourself having a later breakfast or lunch. This is SOO GOOD, but make sure to limit yourself to only 1 cup per/day.

INGREDIENTS:

8 ounces of fresh brewed coffee or espresso
¼ cup oat milk
2 tablespoons cocoa powder
1 tablespoon MCT oil or coconut oil
liquid honey or maple syrup to taste
1 tsp. of vanilla.

DIRECTIONS:

Add all ingredients to a blender and whip, or you can use a milk frother.

VARIATIONS:

- Fall - Try adding a dash of cinnamon, nutmeg, and/or and a few tbsp. of canned pure pumpkin (NOT pumpkin pie filling as it contains processed ingredients)
- Christmas – Try adding a drop of peppermint flavor

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