

Bulletproof Coffee

① Description

<p>This is a recipe for bulletproof coffee, which is a high-fat, low-carb beverage that is popular among people following a ketogenic diet. It is made by blending coffee with butter and MCT oil. </p>

① Ingredients

<p>1 cup of coffee, </p>

1/2 cup of butter, </p>

1/2 cup of MCT oil, </p>

1/2 cup of heavy cream, </p>

① Instructions

<p>1. Heat the coffee, butter, and MCT oil in a saucepan over medium heat. </p>

2. Blend the mixture in a blender until smooth. </p>

3. </p>

4. </p>

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