



Bullet Proof Coffee*

Serving: 1

Veg

Ingredients

- -2 tbsp of coffee
- -1 tbsp of unsalted butter

Preparation Method

- -Brew a cup of coffee with 1 tablespoons of coffee for that strong flavor.
- -Drop the butter into the coffee and watch it melt.
- -Pour the mixture in the blender and blend it for 15 seconds. A hand held blender really speeds this process up – plus, less to clean afterwards.
- -Pour the coffee into a mug.