
Bulletproof® Cocoa Mousse

1 net carb per serving.



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Servings: 1

2 tsps Brain Octane® oil
1 tbsp unsalted butter, grass-fed (or Bulletproof® Ghee)
8 ozs Bulletproof® Coffee
1 1/2 tsps unsweetened cocoa powder
3 tsps unflavored gelatin
stevia (or equivalent), to taste

DIRECTIONS

Add all ingredients to a blender. Blend until frothy.

Pour into a small bowl, cup or mug, and set in the fridge 3 to 4 hours. This recipe is for a single indulgence. Making several servings at once saves time.

Serve with crushed mint leaves, a few low carb berries, whipped cream or as is.

Per Serving: 206 Calories; 22g Fat (89.0% calories from fat); 2g Protein; 4g Carbohydrate; 3g Dietary Fiber.

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