
Bulletproof® Matcha Green Tea

.4 net carbs per serving.



Low Carbe Diem
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Servings: 1

2 bags organic green tea, Matcha
1/2 tbsp unsalted butter, grass-fed (or Bulletproof® Ghee)
1 tsp Brain Octane® oil
1 tbsp heavy whipping cream
1 c ice cubes (optional for frappuccino)

DIRECTIONS

Brew the green Matcha tea (or brew your favorite cup of tea using twice the number of teabags.)
Add butter, Brain Octane® oil and heavy cream, blending well until frothy.

Frappuccino:

Place tea in the fridge to chill 15 to 30 minutes. You may make a larger batch ahead of time.
Add ice cubes and tea to a blender and blend 3 to 5 minutes, until well incorporated.

Per Serving: 144 Calories; 15g Fat (98.7% calories from fat); trace Protein; trace Carbohydrate; 0g Dietary Fiber.

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