
Bulletproof® Coffee Blocks

Zero net carbs per block. 1 block per cup of Bulletproof® Coffee.



Low Carbe Diem
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Servings: 8

4 ozs unsalted butter, grass-fed (or Bulletproof® Ghee)
1/4 c Brain Octane® oil
3/4 c coconut oil, melted
1/2 tsp cinnamon
1/4 tsp sea salt

DIRECTIONS

Combine butter with Brain Octane® oil, melted coconut oil, sea salt and cinnamon.

Whisk and pour into an ice-cube tray or silicone candy molds.

Freeze and remove and pop the blocks into a glass container and cover.

Store in the fridge until you are ready to use.

Make Bulletproof® Coffee:

Place one of the blocks and 8 to 10 ounces of freshly brewed Bulletproof® Coffee in a blender. Blend until well combined and foamy. Drink and enjoy!

Per Serving: 342 Calories; 39g Fat (99.7% calories from fat); trace Protein; trace Carbohydrate; trace Dietary Fiber.

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