
Bulletproof® Coffee Packs

.5 net carbs per pack.



Low Carbe Diem
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Servings: 30

16 ozs unsalted butter, grass-fed (or Bulletproof® Ghee)
10 tbsps coconut oil
10 tbsps Brain Octane® oil
1/2 c unsweetened cocoa powder, or to taste
cinnamon (optional)

DIRECTIONS

Add all ingredients to a mixing bowl and whisk until smooth. No lumps!

Pour into 20 small cups to make the Bulletproof® Coffee packs. Add lids and refrigerate.

Make your Bulletproof® Coffee. Place a pack to your empty cup or mug.

Add Bulletproof® Coffee until the cup is half full. Add any sweetener (or Torani sugar-free syrups.) Mixing half way gives more control inside the mug and prevents spill-overs.

Mix with a hand blender or frother. Add remaining brewed Bulletproof® Coffee and enjoy.

Per Serving: 193 Calories; 22g Fat (97.6% calories from fat); trace Protein; 1g Carbohydrate; 0.5g Dietary Fiber.

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