
Bulletproof® Hot Cocoa

2 net carbs per serving.



Low Carbe Diem
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Servings: 2

10 ozs filtered water
4 tbsps heavy whipping cream (or coconut cream)
1 tbsp unsalted butter, grass-fed (or Bulletproof® Ghee)
1 tbsp Brain Octane® oil
2 tbsps unsweetened cocoa powder (or cacao powder)
1/4 tsp vanilla extract
dash cinnamon, optional

DIRECTIONS

Bring the water and heavy cream to a boil in a small saucepan.

Mix boiling liquid with all other ingredients in a small mixing bowl or suitable heat-proof container.

Blend with a blender or hand mixer until frothy.

Transfer the Bulletproof® hot cocoa to your favorite mug and drink up!

Per Serving: 227 Calories; 23g Fat (91.6% calories from fat); 1g Protein; 4g Carbohydrate; 2g Dietary Fiber.

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