
Bulletproof® Pumpkin Latte

2 net carbs per serving.



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Servings: 2

1/3 c coconut cream

2 c Bulletproof® Coffee, freshly brewed, then cooled.

1/3 c pumpkin

pinch of salt

cinnamon, to taste

nutmeg, to taste

1 tbsps unsalted butter, grass-fed (or Bulletproof® Ghee), softened

2 tsps Brain Octane® oil

DIRECTIONS

In a blender, combine coconut cream, cold Bulletproof® Coffee, pumpkin puree, salt, cinnamon and nutmeg.

Blend until smooth. Taste and adjust the seasonings, as needed.

Add softened butter and Brain Octane® oil to the mixture. Blend until thoroughly mixed / frothy.

Fill two tall glasses about 2/3 of the way with ice cubes. Pour half of the mixture into each glass.

Garnish with whipped coconut cream and a sprinkle of cinnamon.

Serve immediately.

Per Serving: 231 Calories; 24g Fat (91.7% calories from fat); 2g Protein; 3g Carbohydrate; 1g Dietary Fiber.

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