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# Bulletproof® Pumpkin Frappuccino

1 net carb per serving.



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Servings: 3

24 ozs Bulletproof® Coffee, freshly brewed, then cooled.

1 tbsp Brain Octane® oil

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

6 tbsps heavy whipping cream

1/4 c pumpkin puree (or pumpkin extract)

1/2 tsp ground cinnamon

ground cloves, pinch

ground nutmeg, dash

stevia (or equiv), to taste

## DIRECTIONS

Brew Bulletproof® Coffee, pour into a large mug and refrigerate overnight. Your Bulletproof® Coffee must be very cold!

In a small bowl, whisk together: Brain Octane® oil, heavy cream, pumpkin, stevia, cinnamon, cloves and nutmeg until well combined.

Pour into ice-cube trays and freeze.

Before serving, place half the frozen frappuccino cubes into a blender, or blend using a hand mixer.

Top with whipped cream.

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Per Serving: 217 Calories; 22g Fat (94.8% calories from fat); trace Protein; 2g Carbohydrate; 1g Dietary Fiber.

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