
Ginger Bulletproof® Coffee

Zero net carbs per serving (without whipped cream).



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Servings: 1

2 tbsps ground Bulletproof® Coffee
1/2 tsp gingerbread spice
1 tbsp unsalted butter, grass-fed (or Bulletproof® Ghee)
1 tbsp Brain Octane® oil

DIRECTIONS

Sprinkle the gingerbread spice mix into the coffee grounds. Use 1/2 teaspoon of gingerbread spice for every 2 tablespoons of ground Bulletproof® Coffee.

Brew the Bulletproof® Coffee using your preferred method.

Pour hot coffee into a blender. Add butter and Brain Octane® oil, plus any extras like sweetener if preferred.

Blend for 30 to 60 seconds until frothy and creamy.

Sprinkle with extra gingerbread spice or top with whipped heavy cream.

Per Serving: 230 Calories; 25g Fat (99.8% calories from fat); trace Protein; trace Carbohydrate; 0g Dietary Fiber.

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