
Strawberry Bulletproof® Coffee Pops

1 net carb per pop.



Low Carbe Diem
[go HOME](#)

Servings: 6

1/2 c sliced strawberries
12 ozs Bulletproof® Coffee, brewed using 2½ tbsps of ground Bulletproof® Coffee, then cooled
2 tbsps unsweetened cocoa powder
1 egg white
stevia (or equiv), to taste
2 tbsps Brain Octane® oil
2 tbsps unsalted butter, room temp grass-fed (or Bulletproof® Ghee)
3 tbsps heavy cream

DIRECTIONS

Blend fresh strawberries in the food processor until smooth. Add brewed, cooled Bulletproof® Coffee and cocoa powder. Set aside.

Prepare a pot of hot water for a double boiler. Place the egg white and stevia in a metal bowl, then place into the pot of hot water - creating a double boiler.

Beat the egg white mixture until stiff, glossy and silky. Remove from double boiler and place egg whites into a new bowl.

Add Brain Octane® oil and small pieces of room-temperature butter, making sure the last piece added is fully integrated into the mix before adding more.

You'll wind up with a creamy, yellowish butter cream mixture.

Slowly whisk in the heavy cream.

Add the strawberry-coffee-cocoa mixture and whisk (or use an electric mixer) until well combined.

Pour into popsicle molds or small containers. Place in the freezer for an hour until set.

Per Serving: 110 Calories; 11g Fat (90.6% calories from fat); 1g Protein; 2g Carbohydrate; 1g Dietary Fiber.

Copyright: LowCarbeDiem.com

Bulletproof® and Brain Octane® are registered trademarks owned by Bulletproof Digital, Inc.