



Recipe on [#thesosblog](https://www.instagram.com/thesosblog)

<p style="text-align: center;">Simple Bulletproof Coffee Easy Keto Coffee</p> <p>Bulletproof Coffee Ingredients:</p> <ul style="list-style-type: none"> ● 8 oz black coffee brewed ● 2 tablespoons butter (<i>grass-fed is best</i>) ● 1 tablespoon coconut oil <p>How to make bulletproof coffee:</p> <ol style="list-style-type: none"> 1. Brew coffee with your preferred method 2. pour coffee into blending device 3. add butter & coconut oil 4. Blend thoroughly 5. pour into a mug 6. add natural sweetener to taste (<i>optional</i>) 7. dash of cinnamon (<i>optional</i>) 8. enjoy! 	<p style="text-align: center;">Bulletproof Coffee with MCT & Collagen</p> <p>Bulletproof coffee ingredients:</p> <ul style="list-style-type: none"> ● 8 oz black coffee brewed ● 2 tablespoons butter (<i>grass-fed is best</i>) ● 1 tablespoon MCT oil ● 1 scoop collagen peptides unflavored <p>How to make bulletproof coffee:</p> <ol style="list-style-type: none"> 1. Brew coffee with your preferred method 2. pour coffee into blending device 3. add butter & MCT oil 4. Blend thoroughly 5. pour into a mug 6. add natural sweetener to taste (<i>optional</i>) 7. dash of cinnamon (<i>optional</i>) 8. enjoy! 	<p style="text-align: center;">Creamy Nutbutter Bulletproof Coffee (vegan)</p> <p>Bulletproof Coffee Ingredients</p> <ul style="list-style-type: none"> ● 8 oz black coffee brewed ● 1 tablespoon creamy almond butter ● 1 tablespoon MCT or coconut oil ● 1 teaspoon maple syrup (<i>not keto so omit and add natural 0 sugar sweetener if making keto coffee</i>) ● 1 scoop collagen <p>How to make bulletproof coffee:</p> <ol style="list-style-type: none"> 1. Brew coffee with your preferred method 2. pour coffee into blending device 3. add almond butter & MCT oil 4. add maple syrup (<i>if using</i>) 5. Blend thoroughly 6. pour into a mug 7. if not using maple syrup - add natural sweetener to taste (<i>optional</i>) 8. dash of cinnamon (<i>optional</i>) 9. enjoy!
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