

# BULLETPROOF COFFEE

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## PREP TIME

5 Min

## COOK TIME

1 -2 Min

## SERVINGS

1

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## INGREDIENTS

- Cup of coffee - Organic is preferred - I live Espresso Blend myself
- 1 tsp work your way up to a Tablespoon - of MCT Oil - I recommend BulletProof Brain Octane by BulletProof
- 2 tsp of HWC - Heavy Whipping Cream

## INSTRUCTIONS

1. Brew your coffee
2. Add MCT Oil
3. Add HWC
4. Enjoy

You can have this up to three times a day. But I would starting out slowly with the MCT Oil and let your body adjust. If you don't the side effects are not really fun. You will be on the toilet a lot. So take it slowly.

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