



Bulletproof Coffee, Chai or Cocoa

These delicious drinks are inspired by Dave Asprey – they turn your morning brew into a breakfast!

These beverages utilize a combination of two emulsified fats, instead of cream. For the fats to become emulsified (suspended in the water) you must buzz them on high for a few seconds in a blender!

For the fats, choose one option from the following two categories:

- Butter or Ghee
- AND -
- Coconut cream, Coconut oil, or MCT oil (medium-chain triglyceride oil)

Bulletproof Coffee

Brew your coffee as you normally do – but instead of adding cream add your two chosen fats and buzz on high.

Bulletproof Chai

Most of the time, chai is served as a super sweet drink...but it doesn't have to!

To make non-sweetened chai, purchase a box of chai tea bags from a company such as Tazo, Numi, etc.

Brew the chai tea in hot water, then add your two chosen fats and buzz on high.

Bulletproof Cocoa

Like chai, hot chocolate is usually prepared with lots of sugar. But a plain non-sweetened cocoa can be very satisfying. The trick is to use LESS cacao, so that the drink is not TOO bitter.

Start with these proportions, and modify next time to suite your taste:

1 level teaspoon of raw cacao + 8oz of hot water – add your two chosen fats and buzz on high.