

BUTTER COFFEE W/ PROTEIN

Version by Avie Rosacci

Ingredients:

16 oz. freshly brewed rich coffee
1 scoop collagen protein powder (I use Dr. Axe– no sugars)
1 Tbsp. Cacao butter
1 Tbsp. Grass-fed butter
1 Tbsp. MCT oil
Pinch Himalayan sea salt
If desired, use Stevia to taste

Instructions:

In blender or Ninja personal shake maker, add all ingredients. Blend on high for about 20 seconds until well blended. Add stevia or monk fruit if you like it a little sweeter, but it really doesn't need it 😊

As you are planning your day and you want to save a little extra fat for later, you can cut out the MCT oil without missing it, but be careful not to under-cut the fat. The point of this is to start your morning with a healthy dose of healthy fats to keep you feeling great all day!

You may use whey powder but caution on the added sugars. You can also make this protein free if you are drinking alongside your breakfast.

Nutrition facts per serving

Calories: 375 - Protein: 9.6 grams - Carbohydrate: 2.2 grams - Fat: 39.1 grams