

# Better Morning Coffee

This morning coffee will help you kick start your day. The fat in the drink will help you stay full longer. Using a food processor, immersion blender, bullet or other blending tool will make your coffee drink frothy, similar to a latte. It is worth the extra step. If you don't own any of those or are short on time, mix the ingredients in a mason jar with a metal blender ball and you will be set. Adding MCT oil is very beneficial for the body and brain but is not a necessity to make better morning coffee.



	Recipe serves	Prepared for
	1	2

Ingredient	Amount	Scaled amount
Good Coffee	8 fl oz	16 fl oz
Butter or coconut oil	1-2 tbsp	3-4 tbsp
MCT oil	1 tsp	2 tsp
Cinnamon (optional)	1/2 tsp	1 tsp
Cocoa Powder (optional)	1 tsp	2 tsp
Coconut Milk (optional)	1/4 cup	1/2 cup
Vanilla (optional)	1 tsp	2 tsp

## Instructions

1. Make a great cup of coffee. You can use any system-coffee pot, french press, aeropress, pour over.
2. Add butter or coconut oil.
3. Add MCT oil. Add any optional ingredients.
4. Blend in blender, food processor or with an immersion blender.
5. Enjoy!



(530)213-5000

TheWholesomeBeet.com