

BULLETPROOF COFFEE

What is it?

Invented by Dave Asprey, it is coffee with organic butter and MCT oil. It is supposed to make you sharper, more focused and curb your appetite.

How do you make Bulletproof Coffee?



1. 2 Cups coffee preferable organic and freshly ground but not required.



2. Up to 2 tablespoon MCT (Medium Chain Triglycerides) oil.

What is MCT oil and what is so good about it? According to Dr. Mercola, MCT is a clean fuel which can improve your mitochondrial function and reduce your risk for diseases. It is similar to coconut oil. Dr. Mercola says that MCTs are readily used by your body for energy rather than being stored as fat. It has antioxidant and anti-inflammatory properties.



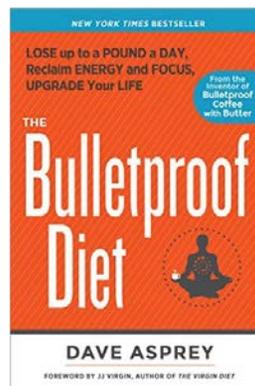
- Up to 2 tablespoons grass-fed unsalted butter-check out the brand Kerrygold which you can buy at Costco. Grass fed butter is loaded with vitamin K2 and omega 3 fatty acids.



Put some hot water in the high speed blender to warm it up. Pour out the water and put the coffee, MCT oil and the butter in the blender and blend until there is a thick layer of foam on top like a latte. Add cinnamon, vanilla or chocolate powder as desired. The result is a creamy frothy coffee drink.

If you want to see the opposite view, check out *3 Reasons Why Bulletproof Coffee is a Bad Idea* by Kris Gunnars. <https://authoritynutrition.com/3-reasons-why-bulletproof-coffee-is-a-bad-idea/>

If you decide to try bulletproof coffee and want to read about the philosophy that goes with it, you can check out the book, *The Bulletproof Diet: Lose Up to a Pound a Day, Reclaim Energy and Focus, Upgrade Your Life* by Dave Asprey. Wow, this would be a miracle diet if it can do all of this. Of course, always one to jump on any bandwagon claiming self-improvement, I bought the book.



The Bulletproof Diet is basically a low carb, high fat diet which cut out the fun foods, like sugar, carbs, alcohol. Asprey promotes healthy fats like avocados and butter. It is a largely veggie diet with loads of avocado, lots of butter and minimal protein and fruits. He tells you what foods to eat and which ones are kryptonite, i.e. the fun foods. My Mom's Famous brownies would be considered kryptonite. If you meditate with me, you find out for yourself why those brownies are Famous. Everyone needs a little Famous in their life, bulletproof coffee notwithstanding.