

Creamy Keto Coffee



BY ACUPOFSOUL.COM

You will need:

fresh, hot coffee (8-12 ounces)

2 tablespoons grassfed butter

2 tablespoons unrefined coconut oil

2-4 tablespoons heavy whipping cream

sugar free sweetener of your choice (optional)

immersion or regular blender

Heat the butter, coconut oil, and heavy whipping cream in the microwave for 30-45 seconds in small increments until all ingredients are liquified. Blend using an immersion blender or regular blender until frothy and smooth. Add to coffee. Add a sweetener if desired (we use sugar free).

Stir to incorporate all ingredients.

Gaze. Sip. Enjoy.

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The amounts are not exact because depending on how you like your coffee, amounts of ingredients will vary. Some people need their coffee to be a certain color, some need a certain dairy to coffee ratio, etc. The key is to find your happy medium and enjoy!



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