AMERICAN · BREAKFAST · DRINK

Bulletproof Coffee with Ghee and MCT Oil

10 min · Makes 1 × 1 large mug (355 ml) · 359 kcal a portion · Video 3:03 · The Cookie Rookie

Vegetarian · Paleo · Gluten-free ingredients · No nuts listed

Almost all of its energy comes from fat, with no sugar and practically no carbs, so it fits a keto day. At about 360 kcal and 28 g of saturated fat (more than a day's limit), it replaces breakfast rather than adding to it.

Diet notes: Keto (0.3 g net carbs a serve).

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Ingredients

5 · MAKES 1 × 1 LARGE MUG (355 ML)

- [ ] 12 oz (about 1½ cups) **hot brewed coffee**
- [ ] 2 tbsp **ghee** (or grass-fed butter)
- [ ] 1 tbsp **MCT oil**
- [ ] a pinch of **pink salt** (optional)
- [ ] ½ tsp **ground cinnamon** (optional)

Allergens found in the listed ingredients: Milk. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method

TIMES = THE MOMENT IN THE VIDEO

1. Brew 12 oz (about 1½ cups) of coffee and pour it into a blender while it is still very hot, so the fats melt and blend in smoothly. 0:31
2. Add 2 tbsp ghee (or grass-fed butter) and 1 tbsp MCT oil. Add a pinch of pink salt and ½ tsp ground cinnamon if you like them. 0:58
3. Blend on high until smooth, creamy and frothy, then pour into a large mug and drink straight away. 2:39

> **Tip** To make ghee, simmer butter, skim off the foam, let the solids toast lightly, then strain. Start with 1 tsp MCT oil if you are new to it; it can upset the stomach.

The method is a summary in our words — the video shows every step.

One portion, 1 large mug (355 ml), gives you

1 OF 1 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
359 kcal	0.5 g	0.8 g	0.5 g	40 g	120 mg
1,500 kJ	1% of a day	0.3 g net · 0 g sugars	2% of a day	28 g saturated	5% of a day
		0% of a day		51% of a day	

Energy from net carbs 0% · protein 1% · fat 99% — fits keto: 0.3 g net carbs, 99% of the energy from fat

High in (20%+ of a day) Vitamin A 24%

Recipe and video: The Cookie Rookie (@TheCookieRookieRecipes) on YouTube — youtube.com/watch?v=9prU8hXSnfk, published 19 July 2018. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/bulletproof-coffee-ghee-mct