

**BULLETPROOF COFFEE**

Butter and oil in your coffee? Sure. A few sips of this piping hot keto coffee emulsion, and you'll be ready to take on the world. Bulletproof – and delicious. Fill 'er up!

5 minutes

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1 serving

INGREDIENTS

- 1 fl oz of beverages, coffee, brewed, prepared with tap water [30 g]
- 2 tablespoons of margarine-like, butter-margarine blend, 80% fat, stick, without salt [28 g]
- 1 tbsp of oil, coconut [14 g]
- 1 tablespoon of reddy Wip Fat Free Whipped Topping [4 g]

COOKING METHOD

- 1° Combine all ingredients in a blender. Blend until smooth and frothy.
- 2° Serve immediately.

NUTRITIONAL INFORMATION

	PER 100 g	PER SERVING (75 g)	% DRI
ENERGY	437 kcal	328 kcal	16 %
FAT	48 g	36 g	56 %
FATTY ACIDS, TOTAL SATURATED	25 g	19 g	94 %
CHOLESTEROL	34 mg	25 mg	8 %
SODIUM	15 mg	11 mg	0 %
CARBOHYDRATE	2 g	1 g	0 %
SUGARS	1 g	1 g	–
FIBER	0 g	0 g	0 %
PROTEIN	1 g	0 g	–