



A Recipe from Knowgluten.me

Bullet Proof Maple Mocha

Ingredients:

- 8oz hot coffee
- 2tsp-2T coconut oil
- 1tsp-1/2T grass fed butter (leave out for dairy-free)
- 1/2T-2T maple syrup
- 1T cocoa powder
- 2T coconut milk

Directions:

1. Blend in a blender or magic bullet until foamy.
2. Enjoy!