Fat-Fueled Keto Drink

Hands-on 5 minutes Overall 5 minutes

Nutritional values (per serving, Original blend): Total carbs: 1 g, Fiber: 0 g, **Net carbs: 1 g**, Protein: 1 g, Fat: 25 g, Calories: 220 kcal,

Original recipe, Keto Diet App - The ultimate low-carb diet app

Ingredients (makes 1 serving)

1 cup brewed coffee *or* black tea *or* caffeine-free chicory coffee (240 ml/ 8 fl oz)

1 serving (1 fl oz / 30 ml) **Fat Coffee** - you can get it here

Optional: pinch cinnamon *or* vanilla powder and sweetener such as liquid Stevia to taste

To get 10% off a on order over $10 of Fat Coffee packets, use code: KETODIETAPP at the check out

Instructions

1. Prepare the coffee or tea - my favourite combination is Pu-erh black tea with Mocha flavour.
2. Add one packet of Fat Coffee and blend until frothy. Instead of a blender, you can use a shaker and shake for 30-40 seconds. Add a pinch of cinnamon and stevia if needed. Enjoy!

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