

Complete Guide to Bulletproof Coffee

Hands-on 5 minutes Overall 5 minutes



Nutritional values (per serving): Total carbs: 0 g, Fiber: 0 g, **Net carbs: 0 g**, Protein: 0.4 g,
Fat: 25.2 g, Calories: 221 kcal,

[Original recipe](#), [Keto Diet App](#) - The ultimate low-carb diet app

Ingredients (makes 1 serving)

Basic BPC:

1 cup freshly brewed coffee (I used [Bulletproof](#))

1 tbsp unsalted grass-fed butter

1 tbsp [Brain Octane Oil](#) or XCT oil or virgin [coconut oil](#)

Note: you can use up to 2 tablespoons of [Brain Octane Oil](#) and up to 2 tablespoons of unsalted butter. Keep in mind that BPC takes time to get used to. Start with small amounts so your digestive tract can get used to it. If using [Brain Octane Oil](#), start with 1 tsp and gradually add more.

Optional ingredients:

1-2 tbsp [coconut milk](#)

3-5 drops [liquid stevia](#) or 1-2 tsp [Erythritol](#)

for more options, try my [Keto Egg Coffee](#) which includes additional ingredients such as raw pastured egg yolks, [collagen](#) and [coconut milk](#). This coffee is creamy, delicious, and filling. Just one cup will help you stay full for longer!

Instructions

1. Brew the coffee using your preferred method (I recommend [French press](#)). To make one serving, use 2 1/2 tablespoons (13 g/ 0.4 oz) of ground coffee and a cup (240 ml/ 8 fl oz) of water. Place the ground coffee into the French press. Bring the water to a boil and let it cool for a minute. Pour the water into the French press and stir vigorously. Depending on the preferred strength, steep for 2-4 minutes. Then, press the plunger all the way down.
2. Pour your freshly brewed coffee in a blender or a heat-proof jar (if using immersion blender). Add butter, Octane Oil, and any suggested optional ingredients. Pulse until smooth and frothy. If you're not using all the coffee at once, do not leave it in the French press. Instead, pour it into a jar or a [thermal carafe](#) or [thermal mug](#) to keep it warm.
3. Serve!

Giveaway

Have you tried Bulletproof Coffee? You can win a 16 fl oz bottle of Bulletproof Upgraded Octane Oil. Just follow the instructions below to join the giveaway. The lucky winner will be announced in a few days! :-) <!--IF_IBLOG

To enter this giveaway, you will have to [open this post in a browser](#). ELSE-->

[a Rafflecopter giveaway](#)

[Pin it](#) [Follow us](#) 112.8k

More great content on KetoDietApp.com

[Keto calculator](#)

[Best keto recipes](#)

[Complete keto diet food list](#)

[Expert articles & ketogenic guides](#)

[Keto Diet App](#)

[Free & premium keto diet plans](#)