

## COFFEE CONSIDERATIONS & OPTIONS

**BULLETPROOF COFFEE** - Official recipe from *The Bullet Proof Diet* by Dave Asprey p253

2 cups piping-hot brewed coffee (French-press is excellent)  
Up to 2 tbsp. grass fed unsalted butter (use hunger as your guide)  
Up to 2 tbsp. Brain Octane/XCT/MCT/coconut oil (use hunger as your guide)  
Options: add cacao powder/vanilla/stevia, erythritol, or hardwood xylitol to taste

Brew coffee. Prepare the blender by preheating with hot water. Add ingredients once coffee is ready. Close and cover blender lid with a cloth in case the lid leaks and blend until there is a thick layer of foam on top as in a latte. Add cinnamon, vanilla, dark chocolate/cacao or sweetener. Place in high-powered blender until a frothy mixture is achieved.

\*If over 40 or significantly overweight, add grass-fed collagen to this mixture or eat protein after coffee.

### NO-COFFEE VANILLA LATTE

This is a perfect replacement for coffee. Vanilla has many healing properties and high antioxidants. Follow instructions as above.

2 cups hot water  
Up to 2 tbsp. grass fed unsalted butter (use hunger as your guide)  
Up to 2 tbsp. Brain Octane/XCT/MCT/coconut oil (use hunger as your guide)  
Stevia, erythritol, or hardwood xylitol to taste

### BULLETPROOF MATE

Pour French press brewed mate into a blender. Combine ingredients below and blend for 15 seconds for frothy, mate latte goodness.

Up to 2 tbsp. grass fed unsalted butter (use hunger as your guide)  
Up to 2 tbsp. Brain Octane/XCT/MCT/coconut oil (use hunger as your guide)  
Option: Add 1 scoop Grass-fed Collagen.  
1 tsp green powder of choice (chlorella, spirulina, etc.)  
4-6 drops stevia (optional)

### MUSHROOM MELODY

1 tbsp Chaga pieces  
5 Reishi Mushroom slices  
2 litres pure water  
Options: cardamom, cinnamon, ginger, nutmeg, cloves, peppercorns

Simmer ingredients in a pot or slow cooker for at least 1 hour. Add more water and brew up to 4 times.

*These recipes have been contributed by students and have been adapted from The Bulletproof Diet by Dave Asprey's and his blog.*

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