**Lifeproof Coffee**

**2 servings  
10 minutes**

* 2 ½ heaping tablespoons ground coffee beans
* 1 teaspoon – 2 tablespoons MCT oil (C8 caprylic acid, if possible)
* 1-2 tablespoons grass-fed, unsalted butter or 1-2 teaspoons of grass-fed ghee.

**optional additions:**

* 1/2 cup coconut milk
* 2 tbsp Cocoa powder
* 2 tbsp Maca powder
* 2 tbsp Turmeric powder
* 1 tbsp coconut manna
* 1 tbsp grass-fed collagen powder
* 1 tsp cinnamon
* 1 pinch Himalayan salt

1. Brew 1 cup (8-12 ounces) of coffee using filtered water with freshly ground coffee beans. Use a French Press for ease of use and to preserve beneficial coffee oils that paper filters keep out. Allow the ground coffee beans to steep in the French Press for 4 minutes, then slowly push the plunger all the way down.
2. Pour the coffee into a cup to cool, or directly in a blender to begin adding the remaining ingredients.
3. Add MCT oil (start slow with this stuff – it’s powerful!) and grass-fed, unsalted butter or grass-fed ghee.
4. Add cocoa, maca, and turmeric powder, as well as, coconut milk and manna, cinnamon, and salt.
5. Mix it all in a blender for 20-30 seconds until it looks like a creamy latte. There will be a good amount of foam on top.
6. Finally, add the collagen powder and blend on a low setting until adequately mixed (this is added last in an effort to avoid protein degradation).

*Tips:*

* When selecting coffee, seek organically-produced beans, to avoid contamination of pesticides. In addition, to avoid mycotoxins (mold), select coffee beans that are sourced from a single origin - in other words, avoid coffee blends.
* If a sweeter beverage is desired, feel free to add a tablespoon of raw honey. Avoid adding the honey when the beverage is scorching hot to prevent nutrient degradation.