



Mind-Body Coffee

Start your day off right with this delicious alternative to the usual cream & sugar in your coffee. After a few days of drinking this, you may find that you have more energy throughout your day, don't have as many food cravings, and are experiencing clearer thinking. Long-term benefits may include increased metabolism, healthier skin and hair, and improved cardiovascular health.

Ingredients (1 serving):

Coffee – organic is preferred, and shouldn't be Instant
1 tbsp butter – organic grass fed is preferred
2 tsp MCT or Coconut Oil
1 tbsp powdered collagen

Optional:

$\frac{1}{2}$ tsp cinnamon and/or nutmeg

How to make:

1. Prepare your coffee as you normally would (percolate, French press)
2. Add coffee and all other ingredients to a small blender
3. Blend, pour, and enjoy!