

DELICIOUS HAPPY BRAIN INPOWER Hacked Coffee

YOU WILL NEED

1/2 or 1 TBSP of grass fed butter*

1/2 or 1 TBSP of coconut oil*

1/2c almond or coconut milk

1/2 serving of vanilla protein powder

1 tbsp pumpkin pie spice

dash cayenne pepper

1c coffee of your choice

**use 1 tbsp of oil & butter if you only drink one cup and a full protein powder serving. I like two cups :-)*

PROCEDURE

Heat up the milk of your choice on the stove. Pour into a mini blender.

Add butter, oil, spices, and protein powder.

Also add a bit of the coffee for consistency (*it's too thick with just the milk*).

Whip it. Whip it good. *Sing the song, you know you want to. Maybe dance a little too.*

Pour into your favorite coffee mug, stir, and add stevia (or not).

Enjoy!

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TIPS:

The cinnamon works on blood sugar, the cayenne on metabolism, the protein powder makes it a mini-meal while the butter and oil help your noggin.

Plus it's DELICIOUS!

Theresa