



Lakeland Natural Health

## “Brain” Coffee

Your brain and taste buds will love this recipe!

\*Use Organic ingredients when possible

### **Ingredients:**

- 1 cup Filtered boiled water
- 2 & ½ Tbs Coffee freshly ground (caffeinated or decaffeinated)
- 1 Tbs Coconut Oil
- 1-2 Tbs Grass-fed butter or ghee

### **Instructions:**

- Make your favorite coffee stronger than you would normally (but make it to taste)
- Place coffee in blender; add butter and coconut oil or ghee and blend until creamy (about 20 seconds).

**\*CAUTION: Contents are hot and under pressure. Cover blender top with a kitchen towel and remove slowly after blending.**