



HOW TO MAKE THE ORIGINAL BULLETPROOF® COFFEE

WHY BULLETPROOF COFFEE

More energy
Greater mental focus and clarity
Fewer food cravings

Bulletproof® Upgraded Coffee Beans:
No-mold
Great taste
Antioxidants

Bulletproof® Brain Octane Oil
Healthy fat from heart of the coconut
Converted to energy quickly
Brain fuel for a mental boost
Satiating and supports weight loss
Helps prevent food cravings

Grass-fed, Unsalted Butter
Tastes great
Healthy fat and high in vitamins
Improves blood chemistry

IMPORTANT:

Only fill blender ½ full,
liquid expands when heated
Be sure the lid is on correctly
before blending
Do not let coffee sit for more than
1 hour or it will taste bitter

1



Fill coffeemaker carafe with filtered water to the top line

2



Fill brew basket with **1 cup (237 ml)** of ground Bulletproof® Upgraded Coffee Beans and brew a full pot of coffee.

3



Pour ½ pot of coffee, **24 oz (710 ml)** into the blender.

4



Add **1 tablespoon (113 ml)** Bulletproof® Brain Octane Oil.

5



Add **4 tablespoons (453 ml)** grass-fed, unsalted butter.

6



Mix for **20 seconds** in blender until frothy.