

## PowerUp Mind & Body Brew

*With energy, mood and focus delivered in this meal in a mug, you will be feeling satiated all morning with this favourite of mine!*

**PREP TIME: 3 Minutes**

**COOKING TIME: 2 Minutes**

**TOTAL TIME: 5 Minutes**

### INGREDIENTS:

- 2 cup(s) organic black coffee (*decaf, or tea if preferred*)
- 2 teaspoon(s) Luke Hines MCT Keto Tonic *see online store*
- 2 tablespoon(s) grass-fed organic butter (*or coconut cream, tinned*)

### DIRECTIONS:

- Prepare your black coffee (decaf or tea) in your preferred method. Some options include store bought take away long black, make at home machine espresso or pod or french press method.
- Combine your black organic coffee with the Luke Hines MCT Keto Oil, grass-fed organic butter and blitz on medium speed for 30-45 seconds until well combined and frothy.
- Pour into your favourite mug and enjoy the health boosting, energy enriched, brain health start to your day.

