

# MCT Oil in Coffee: The Delicious, Dairy Free Way to Boost Your Day!



Prep Time

**5 minutes**

Total Time

**5 minutes**

Servings

**1**

Allergens

**Peanut-free, seafood-free, shellfish-free, egg-free, soy-free, gluten-free**

Required Equipment

**Blender**



## Nutrition

135 Calories

14g Fat

0g Protein

0g Net Carbs

## Ingredients

- 8 oz brewed hot Natural Force Clean Coffee
- 1 tbsp Natural Force Organic MCT Oil

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## Instructions

1. Add brewed hot coffee and MCT oil to a blender and blend for 30 seconds.
2. Pour into your favorite mug and enjoy!