

Energizing Triple Phat Rocket Fuel Latte with MCTs and Collagen



Prep Time

8 minutes

Total Time

8 minutes

Servings

1

Allergens

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

Required Equipment

Blender



Nutrition

422 Calories

38g Fat

14g Protein

7g Net Carbs

Ingredients

- 2 cups brewed hot Natural Force Clean Coffee
- 1 cup unsweetened almond milk
- 1 tbsp of Natural Force Organic MCT Oil
- 1 tbsp grass-fed ghee
- 1 tbsp organic cashew butter
- 1 scoop Natural Force Collagen Peptides
- pinch of organic un-dutched cocoa powder
- pinch of cinnamon

Instructions

1. Add all ingredients to a blender and blend on high for 15 seconds or until evenly combined.