

## 'SUPER' COFFEES - HOW TO BOOST YOUR MORNING BREW

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**IF YOU'RE LOOKING FOR MORE THAN JUST A QUICK ENERGY BOOST FROM YOUR COFFEE TRY ADD-ONS SUCH AS COLLAGEN, MACA ROOT POWDER AND MEDICINAL MUSHROOMS ARE THE PERFECT WAY OF MIXING HEALTH WITH HABIT**

How do you take your coffee in the morning? A teaspoon of sugar or even a lump of butter perhaps? The early energy booster of many, we each have our go-to ways for getting the best out of our brews however, many of us are becoming increasingly more creative with our cuppas by swapping sugar and a splash of milk for a sprinkling of 'superfoods' and other interesting extras instead.

Saves for 'healthy coffees' on Pinterest are up by a whopping 218 per cent, with wider benefits and a longer-lasting energy boost rather than a 'crash and burn' caffeine kick piquing the interests of many (particularly younger millennial coffee drinkers\*). It's a trend that's gathered momentum in recent years following the buzz surrounding high-fat coffee - a method of preparation that involves adding grass-fed butter, ghee, coconut oil or MCT oil (medium-chain triglyceride oil, try [Tiana High Strength 100% Pure MCT Oil, £17.99](#)) to your morning mug for a performance-enhancing boost. Popularised by [Bulletproof coffee](#), the Paleo-friendly technique is commonly used by those doing intermittent fasting as a useful way to extend an overnight fast and maintain the body's fat-burning state by encouraging it to continue using fat rather than carbohydrates as fuel.

However, while the trend to 'pimp' our coffee is picking up pace, there's a lot to be said for the health benefits of coffee in its pure form. Interestingly, a [recent study](#) carried out by Imperial College London and the International Agency for Research on Cancer found that coffee drinkers could live longer than non-coffee drinkers suggesting, that if part of an otherwise healthy lifestyle, it could provide more far-reaching benefits than a quick energy boost. "Coffee in itself isn't unhealthy," says nutritional therapist [Eve Kalinik](#), a coffee fan herself. "On the contrary, since it provides a good source of antioxidant polyphenols and fibre that helps to support gut health. Obviously, if you drink a lot and are sensitive to caffeine then you may have to pass."

In her opinion, the same benefits stand whether it's in its instant form (as in dried) or fresh from beans however, taste and flavour do tend to be better in the latter and there are some who might argue antioxidants are higher too.

With this in mind, there's no huge need to part ways from your regular cuppa just yet - but if you're craving something that could help reduce Java-induced jitteriness, a protein fix or a way to boost your Bulletproof coffee, try these add-ons recommended by nutritionists who know and love their coffee.

### 2. COLLAGEN POWDER



"Not only is collagen a protein fix, but it can also help skin, joints and digestive health," says nutritional therapist [Daniel O'Shaughnessy](#). "It also helps balance blood sugar and to prevent spikes," he adds which can be useful in counteracting feelings of overstimulation or the inevitable slump that can occur after drinking regular coffee ([cinnamon](#) is also great in this regard).

Collagen is tasteless and doesn't change the texture of your drink when you stir or blend it in. Daniel recommends [Great Lakes Gelatin Co. Collagen Hydrolysate, £39.99](#), which contains a hydrolyzed form of beef collagen which can be easily absorbed by the digestive tract. A 10g serving of collagen also works well as a boost to a cup of Bulletproof coffee too. If you're not a meat eater try [Zenii Pro Collagen Powder, £65](#) which is made from hydrolysed marine (ie fish) collagen. Marine collagen tends to be more expensive than bovine.

<https://www.getthegloss.com/article/the-rise-of-super-coffees>