

Mark's Kitchen

drhyman.com

Non-Coffee Vanilla Latte

Ready in: 5 minutes

Serves: 1-2

This delicious latte, inspired by my friend, [Dave Asprey, founder of Bulletproof](#), is the perfect warm beverage to enjoy when you've given up coffee or just need a little break from caffeine. It features the amazing [MCT oil](#) which I've featured in this week's blog post. Consider MCT oil as a super fuel for your cells, because it boosts fat burning and increases mental clarity.

You can find more delicious recipes like this in my new book, [Eat Fat, Get Thin](#), on sale on February 23rd!

Ingredients:

2 cups hot filtered water

2 tablespoons grass-fed butter or ghee

2 tablespoons MCT oil (you can substitute with organic coconut oil – such as Dr. Bronner's - if you don't have MCT oil)

1 teaspoon unsweetened vanilla powder

½ teaspoon organic cinnamon (optional) and ¼ teaspoon of cardamom

OR 1 teaspoon of organic cocoa powder (optional)

Step 1: Add all ingredients to a blender and process until all ingredients are incorporated.

Nutritional analysis per serving (1 cup): calories 520, fat 54, saturated fat 44 g, cholesterol 0 mg, fiber 1 g, protein 1 g, carbohydrate 2 g, sodium 0 mg