

## Coffee BOMB!

If you are like me, you LOVE a coffee.....I have one most days, and make it something I purely enjoy.....I approach that cup with a slow appreciation of the taste, heat, smell and feeling....it's one of my favourite moments of the day.....really!

So, when I came across this recipe, I was (needless to say), totally STOKED.

### COFFEE BOMB

150ml shot of Black Coffee (or your own long black)

1 teaspoon of butter or ghee

1 teaspoon of coconut oil

a taste of vanilla bean paste or vanilla essence

Simply blend for 20 seconds on high, and pour into your late glass/favourite coffee cup.

When blended this makes a frothy late like drink that produces a slow release of caffeine into the system that will keep you focused until lunch time!

Enjoy - savour that coffee.

Hayley xx

PS - Coffee is not all bad - and sometimes I feel it gets a negative wrap that totally fair. If you keep your consumption to 1 cup a day, you're all good...so coffee in the morning and a green tea in the afternoon make for a happy (and healthy) balance.

PPS - This recipe is also perfect for the Keto/shake-it/Paleo/Weight loss eating guidelines.



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