

# Morning Boost Coffee

1 SERVING 5 MINUTES



## INGREDIENTS

- 1 cup Organic Coffee (brewed)
- 1 tsp Collagen Powder
- 1 tsp Mct Powder
- 1/2 tsp 10 Mushroom Mix
- 1 tsp Ghee (chocolate coconut oil and ghee blend)
- 1 Vitamin D Drops (liquid D3/K2 drops)

## DIRECTIONS

- 01 Brew coffee.
- 02 Add all other ingredients to a large mug.
- 03 Add coffee to mug.
- 04 Mix with an immersion blender.
- 05 Enjoy!

## NOTES

### LIKE IT SWEET

Add sweetener of choice to taste.

### 10 MUSHROOM MIX

Ordered online from Four Sigmatic

### DARK CHOCOLATE COCONUT OIL AND GHEE BLEND

Ordered online from Lee's Provisions

