



Superfood Coffee

Satisfying cup of joe packed with nutrient dense superfoods to boost energy, immunity and support metabolism. Delicious warm or as a “cold brew” served on ice.

Ingredients

1 cup	brewed coffee
1 cup	unsweetened vanilla almond milk
1 tsp	raw cacao powder
1 tsp	maca powder
1/2 tsp	turmeric powder
1 tsp	coconut oil, grass fed butter or ghee
1 tsp	raw honey
sprinkle	cinnamon (optional)

Preparation

Brew coffee. Place remainder of ingredients in a blender. Add hot coffee, secure lid and blend until smooth and creamy. Pour into your favorite coffee mugs, sprinkle with cinnamon and enjoy. Also delicious served over ice as a “cold brew.”

Serves 2

Notes

- use organic ingredients when possible
- gluten free, paleo friendly
- use a ½ tsp monk fruit or 1 tsp maple syrup for vegan option
- substitute decaf coffee (water processed) to reduce caffeine or *Four Sigmatic* brand Mushroom Coffee Mix for a caffeine free alternative to boost energy and support the immune system
- add 2 Tbsp collagen powder (neutral taste) to add approximately 10 grams protein