

Superfood Keto Coffee Recipe

Authors: Matt Fitzgerald, MS, MBA

Summary

This is an amazing keto coffee recipe with superfoods!

Our recommendation is to drink one of these per day as a meal replacement. (most people will replace their breakfast with this)



Why Add Superfoods?

There are 2 reasons why you need to be adding superfoods to your keto coffee:

1. Micronutrients

The biggest issue with the Standard Ketogenic Diet (SKD) is a lack of micronutrients.

The Standard Ketogenic Diet allows for only 5 - 10% of your calories to come from carbs. Most fruits and vegetables are primarily carbs. This means that many people doing the ketogenic diet are not getting enough micronutrients (e.g. antioxidants, vitamins, minerals, etc.) into their diet.

Superfoods will help you incorporate these important micronutrients into your ketogenic diet.

2. Prevent "very bad" cholesterol

You've probably heard of "good" (HDL) cholesterol and "bad" (LDL) cholesterol.

But have you heard of "very bad" (Oxidized LDL) cholesterol? This is the cholesterol that sticks to your arteries.

"Very bad" cholesterol is created when "bad" cholesterol comes into contact with a free radical. Antioxidants help our bodies get rid of free radicals. So the more antioxidants we have, the fewer free radicals we have ... and the less likelihood that our "bad" cholesterol will get turned into "very bad" cholesterol.

The ketogenic diet is high in saturated fats - which will lead towards and increase in both "good" and "bad" cholesterol levels. By adding superfoods, we are adding antioxidants and helping prevent "very bad" cholesterol from being created.

What are the Best Superfoods to Add to Your Keto Coffee Recipe?

The most popular superfoods that people add are cacao, cinnamon, maca, and mushroom powder. Many people will add just 1 or 2 superfoods to their keto coffee.

But what if we add 10+ superfoods instead? That is what happens in our recipe. Our recipe has you add 1 tablespoon of Ancient Chocolate and 1 tablespoon of Ancient Delight - which contains 13 different superfoods.

Ancient Chocolate has a lot of cacao powder in it, so it tastes like cacao - which goes great in coffee.

Ancient Delight has a lot of cinnamon powder in it, so it tastes like cinnamon - which also goes great in coffee.

Turning your regular Keto Coffee Recipe into this Superfood Keto Coffee recipe takes things to an entirely different level.



Superfood Keto Coffee

Author: My Nutrition Advisor



Recipe ?

You may update white boxes below to see how it impacts the Nutrition Facts Panel

Servings

1 [dropdown arrow]

Ingredients

- 1 Cup Brewed Coffee
- 1 Tbsp Coconut Oil [Virgin] [dropdown arrow]
- 1 Tbsp Grass-Fed Butter [dropdown arrow]
- 1 Tbsp Half and Half [dropdown arrow]
- 1 Tbsp Ancient Chocolate Superfood Mix
- 1 Tbsp Ancient Delight Superfood Mix

Optional Ingredients

Reset to Original Recipe

Directions:

Brew coffee first. Then add all ingredients to the blender and blend for 60 seconds. The most common variations of this recipes are: 1.) Add 16oz of coffee instead of 8oz. 2.) Put in 1/2 the amount of ghee and coconut oil as the recipe calls for.

Yield:

Unmodified recipe makes approximately 8oz of Superfood Smoothie

Nutrition Facts:

The Nutrition Facts panel below will automatically update based on any modifications you make to the recipe.

Nutrition Facts

Based on 1 Serving

Servings Size is based on the recipe after any modifications you made.

	Calories	% of Calories
Total Calories	250	
Calories from Fat	201	81%
Calories from Total Carbs	35	14%
Calories from Net Carbs ?	15	6%
Calories from Protein	14	6%
	% Daily Value*	
Total Fat 22 g		34 %
Saturated Fat 12 g		60 %
Cholesterol 4 mg		1 %
Sodium 9 mg		0 %
Total Carbohydrate 8.7 g		3 %
Dietary Fiber 5 g		20 %
Sugars 1 g		
Protein 3 g		6 %
Vitamin A 13 %	•	Vitamin C 12 %
Calcium 8 %	•	Iron 4 %

*Percent Daily Values are based on a 2,000 calorie diet.