

VCO COFFEE

Add **Virgin Coconut Oil (VCO)** to your daily coffee for a rich, creamy, and energy-boosting drink!

SIMPLE CREAMY VCO COFFEE RECIPE

Ingredients:

- 1 cup of hot brewed coffee
- 1 teaspoon to 1 tablespoon of **Virgin Coconut Oil** (adjust to taste)
- Optional: 1 teaspoon of honey or a natural sweetener
- Optional: 1-2 tablespoons of milk, cream, or plant-based milk
- Optional: A dash of cinnamon (to help balance blood sugar) or cocoa powder (for extra flavor)

Instructions:

1. **Brew your coffee** as usual.
2. **Add Virgin Coconut Oil** (start with 1 teaspoon if you're new to it).
3. **Blend (Optional):** For a creamy texture, blend the coffee and VCO for 15-30 seconds using a blender or a milk frother. This creates a smooth, frothy finish.
4. **Sweeten & Flavor (Optional):** Stir in honey, milk, or a dash of cinnamon/cocoa powder if desired.
5. **Enjoy warm!** Drink and savor the natural creaminess and added health benefits.

This **VCO Coffee** is great for metabolism, brain function, and sustained energy throughout the day! 🚀☕