

Keto Coffee 101



Keto Coffee 101 Report

If you are currently following a ketogenic diet, also called keto, then you have probably heard of keto coffee before. This type of coffee relies on lots of fats and no sugar or carbs to give you more energy and help you reach your macros for the day.

Does keto coffee not sound familiar? If so, that might be because it was originally 'Bulletproof Coffee', though there are some differences as you will see below.

Keto coffee is an excellent way to get in your caffeine without sugary creamers and other additives, while also increasing the fat. As you know, keto is a low-carb, high fat diet, so this is really important!

Take a look at how to make keto coffee and what to add to it.



1. What is Keto Coffee?

Keto coffee is simply a way to make a low-carb, high-fat coffee that is keto friendly. As you will see in the next section, there are actually quite a few benefits to drinking this coffee in the morning. For some people, it replaces their breakfast, while others simply use it as a pre-breakfast treat. It does fill you up for several hours, so keep that in mind when you decide what time to make your coffee.

What is in Keto Coffee

While there are many different recipes for keto coffee, it is made with 3 simple ingredients:

Coffee

Butter

Oil

There are some different specifications with these ingredients, along with additives that sweeten up the coffee, but most people drinking keto coffee have at least butter, oil, and the coffee itself. Another difference between keto coffee and regular coffee is that you can't just stir it, but need to blend it up. This helps to blend up the oil and butter you are adding so it is silky smooth.

How is it Different From Bulletproof Coffee?

It is not uncommon for people to call this Bulletproof Coffee, since that is where the concept of butter and oil in your coffee came from. Bulletproof coffee is very similar, except it has more strict requirements for the ingredients. For the oil, only MCT oil is used, whereas other oils are acceptable for keto coffee. There is also a requirement for the type of butter and what coffee is used.

Keto coffee is a little more lenient, providing you with the base recipe, but allowing you to customize it for your own needs.



2. Why You Should Try Keto Coffee

Now that you have a better understanding of what keto coffee is, it is time to talk about the benefits! In the beginning, it can sound gross adding butter and oil to your coffee. To some, the high amount of fat seems like too much, but not to anyone who is on the keto diet and understands the importance of adding in more fat whenever possible. However, when you have just one taste of it and discover all the benefits, you will be addicted!

An Easy Way to Add in Fat

First of all, keto coffee is an excellent way to add more fat to your diet. If you have been on the keto diet for a while, you know that one of the main rules is that not only do you eat fewer carbs, but you increase the fat. This is mainly what makes it different from a traditional low-carb diet. This means you try to add in more red meat like bacon, and fats like avocado, oil, and butter.

With a single cup of keto coffee, you are adding in approximately 24 grams of fat with the oil and butter alone (number may vary depending on what you use), plus extra if you decide to add anything to it. The goal is to try to have at least 70-75% of your daily calories in fat, so this definitely gets you a lot closer.

You Will Have More Energy

An amazing benefit to drinking keto coffee in the morning is that you have more energy for the rest of the day. A lot of people struggle to wake up in the morning and make it through until lunchtime without wanting carbs and sugar for that little jolt. With keto, you don't have that option, so you need another alternative.

If you don't have time to get some energy from workouts in the morning, then keto coffee will be your new best friend. It not only has caffeine, but the extra fat and nutrients bring your energy to a whole other level.

The Coconut Oil Has Numerous Health Benefits

Some keto coffee recipes will add MCT oil to it (more on that later), but the traditional recipe we are talking about here uses coconut oil. This can also be beneficial due to all the nutrients it contains. Among the most important ones are the fact that it helps lower your blood pressure and cholesterol. If your doctor is concerned about the fat in your diet, this should help ease their mind.

Grass-Fed Butter Provides Unique Advantages

Another ingredient in your keto coffee that you get some unique benefits from is the butter. With keto coffee or Bulletproof coffee, you want to use grass-fed butter like Kerry gold instead of traditional butter.

This is more humane for the animals, and contains less artificial ingredients or hormones. It is much higher in quality, and tends to have higher amounts of omega 3 and omega 6. Plus, a tablespoon of grass-fed butter tends to be slightly lower in carbs than regular butter, so there is another great bonus!

You Remain Full For Hours

When you are on a diet, being hungry constantly is a definite concern. This is far less of a concern with keto, since the high amount of fat really helps to keep you full. Not only in the rest of your diet, but especially with your keto coffee.

You have 20-30 grams of fat (or more) in just one cup of coffee, which is going to help keep you full, either until a late breakfast or lunchtime. This is great when you can't stop for breakfast, and don't want to be starving by 9am when the vending machine is calling your name.

Give it just a few days of drinking this coffee in the morning, and you will already start experiencing these amazing benefits!



3. How to Make the Perfect Cup of Keto Coffee

Now for the fun part – making the coffee! The start to keto coffee is just like making your regular cup of coffee in the morning, but then it has a few changes. Since you are adding butter and coconut oil (unless you choose MCT oil), you need to blend it up so that everything is smooth. Here are some basic instructions for making your cup of keto coffee:

Brew Your Coffee

With Bulletproof coffee, there are only certain types of coffee beans allowed, but there are no rules with keto coffee. Just double check the nutritional content if your coffee is flavored, since some of those have a little sugar or carbs. You can either use a Keurig machine or regular coffee maker; there are no strict rules here!

Choose a Method of Blending

Since you need to blend up the ingredients, you should then decide which method you want to go with. You can use your full-size blender if you want, though it is rather large for just a small amount of ingredients. Many people choose to use a small-size blender,

like a Ninja blender, since it is the perfect size for one cup of coffee and the added ingredients.

If you want to blend it right in the cup, you can do that with an immersion blender or even an electric whisk. This keeps you from dirtying a blender every morning and makes everything go much faster.

Add the Ingredients

While your coffee is brewing, it is a good idea to start adding your other ingredients to the blender. The amounts you use are up to you, but starting with this list is a good option:

1 Tbsp. Grass-Fed Butter

1 Tbsp. Coconut Oil

If you want the coffee a little creamier, you can add 1-2 tablespoons of heavy whipping cream as well. Add the ingredients to the blender, pour in your coffee, then blend it until smooth. This shouldn't take long since it is a small amount of oil and butter.



4. Tips For Choosing Quality Ingredients

Now that you know more about keto coffee and how to make it, let's talk a little more about the ingredients you use. It is not uncommon to experiment and eventually come up with the perfect coffee concoction that works great for you. There are also tons of different recipes out there using different combinations of fat and flavoring additives that still make this keto coffee.

While on the keto diet, you should stick to ingredients that are low in carbs, high in fat, and as healthy as possible. You already know about using grass-fed butter when you can, but here are some other tips for choosing the right ingredients:

Coconut Oil

If this will be your first time buying coconut oil, you will discover that there are many different varieties to choose from. Don't be put off by the fact that the oil looks solid: coconut oil will be in its solid state until it is either melted or blended. You should try to use organic, unrefined coconut oil that has not gone through any type of chemical process.

Creamer VS Heavy Whipping Cream

If you like a creamier coffee, you should try to stay away from traditional coffee creamer. It is usually loaded with sugar and carbs. While there is sugar-free creamer that is a little

better, it tends to be 2 carbs per tablespoon, where you could add the same amount (or more) of heavy whipping cream and it has zero carbs.

Sugar-Free Additives

When you also want more flavor, there are some different ways to go. Aside from sugar-free creamer, you could also go with a sugar-free flavored syrup. There are many varieties to choose from. This has less carbs than the creamer, so it is a better option to take.

With a cup of coffee, you only need a very small amount. You can also use a few drops of liquid Stevia, but be sure you get it from a health food store and not something that is overly processed.

Ground Cinnamon

Many people prefer using ground cinnamon to flavor it so that they don't use any 'fake' sugar in their coffee. Give it a try and see how you like it!



5. How to Make Iced Keto Coffee

As mentioned in a previous section, you can't really make traditional iced coffee by using some of these ingredients. The coconut oil and butter is going to solidify once it gets too cold. However, before you learn about how to make an iced version of keto coffee, you should know that if you just don't like super hot coffee, you can leave it out until it gets cold. This won't be quite cold enough to solidify the butter, but it will be as close to cold coffee as you can get.

Iced Keto Coffee Variations

The main differences you are going to make with your iced keto coffee are not using butter and replacing the coconut oil with MCT oil. You will then add in some heavy whipping cream for more fat and to make your coffee creamy. These two ingredients still provide some excellent nutrients and fat that will give you energy, but allow you to have your favorite iced coffee.

When making your iced keto coffee, you can either leave out the coffee or cold-brew it, or blend it up with some iced cubes for something similar to a Frappuccino.