

POWER COFFEE

Into your morning cup of coffee add:

1 tsp coconut oil

¼ tsp. turmeric

Trace amount of cayenne pepper

¼ tsp cinnamon

½ tsp raw cacao

½ tsp collagen

¼ tsp nutmeg

A sprinkle of cardamom

½-1 tsp coconut sugar

Blitz this in a blender or use an immersion blender.