

DELICIOUS BUTTERFAT KETO RECIPES

warming winter wellness recipes



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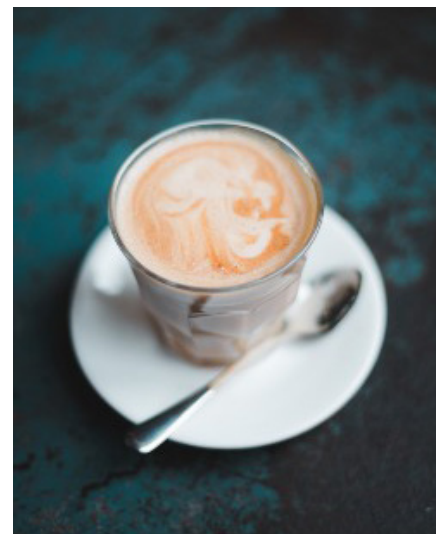
WAKE UP YOUR FAT BURNING

MORNING KETO
COFFEE

2 tbsp Butterfat Keto
1 freshly brewed cafetiere
or 1-2 shots of espresso
Sweeten with stevia drops (optional)

Method

Simply add 2 tbsp of Butterfat Keto to the bottom of your favourite morning coffee cup, add a small amount of hot water and stir until the Butterfat Keto has dissolved. Top up your cup with freshly brewed coffee.

BFK
CHAI LATTE

1 black teabag
3 black peppercorns
1 cinnamon sticks
5 cardamom pods
3 cloves
1 star anise
1 cm piece ginger, sliced
250ml whole milk or coconut milk
10g (2 tbsp) Butterfat Keto
pinch cinnamon to serve
Honey to taste

Method

Add the milk and spices to a saucepan and bring to a simmer then reduce heat for 10 minutes to infuse the spices. Add black tea bag for the last 2-3 minutes. Strain the warm spiced milk into a jug, discard spices and sweeten with honey. Add 2 tbsp (1 scoop) of Butterfat Keto to the bottom of a mug or heatproof glass, add 2 tbsp of the strained spiced milk and stir until the Butterfat Keto has dissolved. Add more strained milk if needed. Once dissolved, fill up the rest of the mug leaving room at the top so you can use a frother to create a little foam. Sprinkle with cinnamon and serve.

BFK
MATCHA LATTE

1 tsp matcha tea powder
10g (2 tbsp) Butterfat Keto
250ml whole milk or plant milk
Honey to taste

Method



Add the milk to a saucepan heat until warm but not boiling. Put the matcha and Butterfat Keto into a large mug, then add 4 tbsp of warmed milk and stir until the Butterfat Keto has dissolved, adding more milk until fully dissolved. Use a whisk or frother on the remaining milk in the saucepan to create some foam. Pour the foaming milk into the mug, stirring to mix in the matcha and Butterfat Keto. Sweeten with honey and serve.



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NEUTRIENT BUTTERFAT KETO

Neutrient Butterfat Keto is the no mess, no fuss way to keto your daily tea, coffee or smoothie. By dissolving just two scoops of this deliciously creamy powder into your beverage you can transform it into a keto power brew that helps to curb cravings, keep you feeling fuller for longer, focused and energised. Neutrient Butterfat Keto is the first to combine C8 MCT oil powder with grass-fed butter powder, organic ghee powder and heat resistant gut friendly microbiome spores creating a nutritious, non-greasy way to enjoy healthy fats as part of a ketogenic diet or intermittent fasting strategy.

GUT
MICROBIOMEKETO
FUELCOCONUT
MCT

NEUTRIENT BUTTERFAT KETO

- ✓ Coconut sourced MCT extracted without solvents
- ✓ Enriched with 4g (40%) C8 MCT per serving, the optimal MCT for fat burning
- ✓ Delivers 75 calories, 7.5g saturated fat, 1.6g fibre and zero sugar per 10g serving
- ✓ Organic ghee and butter for luxurious creamy taste
- ✓ 300 million cfu B.coagulans and B.subtilis spores
- ✓ Heat-stable microbiome spores perfect for hot drinks
- ✓ Acacia gum is a natural source of fibre and provides food for friendly bacteria
- ✓ Digestion-resistant maltodextrin is a natural fibre which provides food for friendly bacteria
- ✓ Neutral taste for adding to coffee, tea or smoothies

HOW DOES BUTTERFAT KETO WORK?

When used as a part of a ketogenic diet, MCT's (Medium chain triglycerides) get converted into ketones and these can be used as a source of fuel when glucose is unavailable. Unlike other fats, MCT gets burned for fuel rather than stored as fat. There are four types of MCT - C6, C8, C10 and C12 – all naturally present in coconut oil. It's C8 which is the most effective fuel for fat burning. MCT's bypass digestion and are rapidly absorbed into the bloodstream, they head straight to the liver and get quickly converted into ketones, a powerful fuel for body and brain cells.

HEAT STABLE MICROBIOME SPORES

One downside of a low carb, high fat or ketogenic diet can be a sluggish bowel. Changes in gut microbiome may occur from eating less fibre due to cutting back on fruit, starchy vegetables, wholegrains and legumes. Butterfat Keto contains prebiotic fibre and heat stable *Bacillus coagulans* and *Bacillus subtilis* microbiome spores which survive digestion and are stable in hot drinks.

Linda, 50
(Drama Teacher)

Neutrient recently championed 17 volunteers through a new keto wellness strategy with BFK as one of three supplements and the results were staggering. In 10 weeks the collectively lost 19 stone! During the course of the 10 weeks the volunteers embraced a new style of eating and living which followed the 5 core principles of The 5C Reset; Intermittent Fasting, Low Carb Diet, Calorie Awareness, Vitamin C, Collagen.

Linda says, "I thought the Butterfat Keto was absolutely amazing. Stopped me getting hungry in the mornings and definitely helped me stay focused and keep my energy levels up."

BEFORE



AFTER



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FAQ'S

If you have a question about Butterfat Keto, you may find the answer below.

What is the optimal serving size?

A 10g daily serving or 2 tbsp is recommended as a good baseline and provides 4g of pure C8.

Does taking MCT powder break my fast?

Anything other than water, black tea, black coffee or herbal teas does break a fast and stop autophagy. The benefit of MCT is that even though you have consumed calories and nourishment, the MCT fats and C8 help to keep your body in fat burning mode.

How do you make a bulletproof coffee?

Most bulletproof coffee recipes involve weighing butter, making coffee, using your blender and doing a fair bit of washing up. Butterfat Keto is the ultimate no mess, no fuss, no faff way to make a bulletproof keto coffee. Just add 2 tablespoons of Butterfat Keto to your mug, dissolve with a little hot water and top up with your favourite coffee!

Can I take MCT throughout the day?

Yes, you can enjoy MCT powder all through the day. Adding MCT to workout smoothies, tea and

coffee helps quieten down cravings and hunger pangs so you can avoid unhealthy snacks.

Can I cook with MCT powder?

Yes, you can! The MCT fats and heat-stable microbiome spores are stable up to 150°C suitable for low temperature recipe.

Do I need to store MCT powder in the fridge?

Unless you live in a very hot climate or during the hot summer months MCT powder is fine to be stored at room temperature, away from direct sunlight or heat source.

Can MCT powder be added to food?

Yes, MCT adds a luxurious creamy taste to smoothies, soups and can be stirred into yoghurt.

Are there any side-effects from taking MCT?

Some people experience digestive discomfort with MCT oil, especially at high doses. However, MCT powders deliver MCT fats into the digestive system in a much gentler way, so side-effects are less likely to occur. If you do experience discomfort, take a break for a few days, re-introduce at a much smaller dose, just 1 tsp a day, gradually increasing to 2 tbsp over a few weeks.

FURTHER INFORMATION:

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RRP £39.98 €47.98 (300g)

INGREDIENTS: MCT, butter (milk), coconut oil, milk protein, resistant maltodextrin, acacia gum, Bacillus coagulans, Bacillus subtilis.

DOES NOT CONTAIN: Sugar, gluten, soy, palm oil

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KETO
FUEL



GUT
MICROBIOME



COCONUT
MCT

FAST • POTENT • EFFECTIVE

