

DELICIOUS BUTTERFAT KETO RECIPES

9 Easy ways to power up your wellbeing





POWER UP YOUR BREAKFASTS

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.



ICED KETO COFFEE SMOOTHIE

Single or double espresso, chilled
2 tbsp Butterfat Keto
1 tbsp almond butter
½ tsp vanilla extract
½ tsp cinnamon
3 cauliflower florets
200ml unsweetened almond milk
Stevia drops or erythritol to taste

Method

Mix nut butter and espresso shots together and set to one side. Blend the almond milk, Butterfat Keto, vanilla extract and cauliflower florets until smooth and pour into a glass. Pour the coffee and nut butter mixture over the back of a spoon to form a top layer. Adjust flavour with natural sweetener.



BREAKFAST BERRY YOGHURT POTS

100g Alpro plain coconut yoghurt
or Coconut Collaborative
natural coconut yoghurt
2 tbsp Butterfat Keto
40g fresh strawberries
Stevia, xylitol erythritol to taste
Sprig of fresh rosemary

Method

Stir the Butterfat Keto into the yoghurt, add natural sweetener if required and spoon into glass dish. Finely chop the strawberries and add to the top of the yoghurt. Sprinkle with fresh rosemary leaves for added flavour.



FUEL YOUR WORKOUT SMOOTHIES

LEAN GREEN SMOOTHIE

½ avocado (frozen or fresh)
2 tbsp Butterfat Keto
2 tsp chia seeds
1 tbsp ground almonds
1 handful fresh spinach leaves
2 broccoli florets
2 tsp hemp protein powder
2 inches of cucumber
Spring fresh mint
Squeeze of lime
200ml unsweetened almond milk
Stevia, xylitol or erythritol to taste

Method

Place all the ingredients in a Nutribullet or blender and whizz until smooth. Adjust flavour with lime and natural sweetener.



SPICY TURMERIC SMOOTHIE

100ml tinned coconut milk
150 ml unsweetened coconut milk
2 tbsp Butterfat Keto
2 tsp ground turmeric
2 tsp finely grated root ginger
½ tsp ground black pepper
½ tsp ground cardamom
Stevia, xylitol or erythritol to taste

Method

Peel and finely grate the root ginger and add to your blender or Nutribullet with all the other ingredients. Blend until smooth. Add extra sweetness if needed with stevia, xylitol or erythritol. Turn up the heat with more black pepper or add a pinch of chili powder.



BEAUTIFUL BERRY SMOOTHIE

40g frozen raspberries
200ml unsweetened almond milk
2 tbsp Butterfat Keto
1 tbsp nut butter
2 tbsp natural coconut yoghurt
1 tsp pea protein powder
1 tsp cacao nibs
Stevia, xylitol or erythritol to taste

Method

Place the nut butter, Butterfat Keto, milk, berries, yoghurt and pea protein powder into a Nutribullet or blender and whizz until smooth. Adjust flavour with natural sweetener (xylitol, stevia or erythritol). Sprinkle with cacao nibs and serve.





SUPER SATISFYING SNACKS

CHIA CHOC POT

3 tbsp chia seeds
1 cup unsweetened almond milk
2 tbsp Butterfat Keto
1 tsp almond nut butter
1 tbsp raw cacao
1 tsp cocoa
1 tsp erythritol
½ tsp sweet cinnamon
½ tsp vanilla extract

Method

Tip the almond milk, Butterfat Keto, nut butter, raw cacao, erythritol, cinnamon into a jam jar, add chia seeds, place lid on and shake to mix in the chia seeds. Place in fridge and chill for 60 mins, then shake again. It's ready to eat in a couple of hours or will keep overnight in fridge for a couple of days.



KETO PESTO AVO DIP

1 large ripe avocado
80g fresh basil leaves
50g pine nuts
4 tbsp Butterfat Keto
50g parmesan, grated
100ml extra virgin olive oil
2 cloves garlic peeled, finely chopped
Juice of 1 lemon
Sea salt and black pepper

Method

Toast the pine nuts in a small pan on medium heat, until slightly golden, stirring all the time to prevent burning. Tip onto a plate and set to one side. Peel the avocado, discard the stone, then add the avocado to a food processor with all the grated parmesan, basil leaves, garlic and olive oil. Pulse until smooth then season to taste with the lemon juice, sea salt and black pepper. Spoon into a glass jar and keep in the fridge for 4-5 days.



CACAO & CINNAMON ENERGY BALLS

1 cup ground almonds
¼ cup almond nut butter
4 tbsp Butterfat Keto
⅓ cup protein powder
2 tbsp raw cacao
1 tbsp coconut oil
2 tsp cinnamon
1 tsp vanilla extract
¼ cup desiccated coconut (sugar free)
2 tbsp erythritol or 10 drops stevia
1 pinch sea salt

Method

Add all the ingredients, except the desiccated coconut, to a food processor. Pulse until well combined. If too dry then add a little almond milk, if too oily then add extra ground almonds. Roll into snack sized balls and coat with the desiccated coconut. Put in the fridge to set.



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.

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KETO
FUEL



GUT
MICROBIOME



COCONUT
MCT

FAST • POTENT • EFFECTIVE

