

# 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.