



The Keto Dad's Nespresso Aeroccino Coffee

I love to start my day with a cup of coffee! But guess what - I eat Keto, but I rarely drink Fat Coffee!

A common mistake is to over-fat your coffee by adding MCT oil, coconut oil, butter, heavy cream . . . and suddenly you've got 40+ grams of fat in one cup! Don't make your body use the fat from your coffee for energy. You want to use your body fat!

I use Nespresso for my coffee (you can use any kind) or just the Aeroccino for foam.

Recipe:

1 C Coffee
3 T Heavy Whipping Cream
¾ tsp Truvia

If using the Nespresso:

Make sure you have sufficient water in the Nespresso and mug under the spout.
Put pod in and press espresso or lungo pour.

Aeroccino:

While coffee is brewing, add Heavy Whipping Cream and Truvia.
Press button to start.
Pour the aeroccino mixture into your coffee, stir, and enjoy!



The Keto Dad Tips and Tricks:

- I like to use the lungo pour (the right button) on the Nespresso, because I like the quantity of it!
- Add a T of whole milk to the Aeroccino mixture to give it more volume! If you want less fat, you can also remove a T of heavy cream.
- Make sure to use the Truvia that is just erythritol and stevia, not the baking blend with sugar!

150 Calories, 15g Fat, 0 Carbs, 0 Protein

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