

Bullet Proof Coffee

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Here is a way to make Bullet Proof Coffee at home.

Watch this video on Dailymotion - <http://dai.ly/x6hzkaa>

Watch this video on DTube - <https://d.tube/v/jmrados/n1ix2n4j>

Watch this video on YouTube - <https://youtu.be/8GhbDJuFj1o>

How to make bulletproof coffee at home.

Here is the link to the Keto Sticks that I talked about - <http://amzn.to/2glbTSk>

Kerrygold Butter - <http://amzn.to/2hf8VM5> (make sure to use unsalted)

Coconut Oil I used - <http://amzn.to/2gl7kr5>

MCT Oil - <http://amzn.to/2glf2RV> (if you dont want coconut oil)

Kerrygold butter on Ebay - <http://ebay.to/2hf9sh8>

Coconut oil on Ebay - <http://ebay.to/2hc8fGX>

Keto Sticks on Ebay - <http://ebay.to/2hu7Gru>