



# Blissed Elixirs

## Lemon Water Recipe

Enjoy first thing in the morning!

## Morning Brews

A delicious hot beverage loaded with health fats to nourish your mind and body for energy in the morning or to wind down in the evening.

Decaf Bulletproof Coffee

Mega Maca

Chaga Chaga Choo Choo Latte

Fine & Dandy Latte

Golden Mylk

Universal Harmony

## Green Juices

Break your morning fast with these superfood drinks!

Simply Green

Sparkling Green

Rise & Shine

The Trifecta

The Motherload

Green Mylk

Green Cashew Cream



# Lemon Water

## The Classic

1/2 lemon

Warm water

Pinch of himalayan or celtic sea salt

Get Hydrated... right away!

Drinking water in the morning helps to flush the digestive system and re-hydrate the body. Giving your body water first thing upon waking will get your body and mind going. Drinking 2-3 glasses of water will give you noticeably more energy and improved digestion.

Lemon contains vitamin C and potassium, this will boost your adrenal function and your immune system, giving you clearer skin and helping you to maintain a healthy weight.

Salt first thing in the morning is incredibly supportive to our adrenal glands and will give us more sustained energy throughout the day.



# Morning Brews

Our Morning Brews are to help you with intermittent fasting. The Morning brew replaces your breakfast while allowing the body to stay in a fasting mimicking state. Each drink is full of healthy energizing fat to keep your hunger at bay.

We will be using Bulletproofs Brain Octane Oil a lot!

This product raises fat-burning, brain-fuelling molecules in your body called ketones much more than coconut oil or other medium chain triglycerides (MCTs). C8; the ingredient in Brain Octane oil, is the most effective type of MCT you can use to help lose weight, curb your hunger, stay satiated and energized longer, kick your brain into a higher gear, and recover from exercise faster. It is flavourless and odourless, so it is easy to use in any recipe!

C8 is a potent and extremely bioavailable fuel for your mind and body. Instead of using carbohydrates for fuel, which can be stored as body fat, C8 oil encourages your body to use ketones, as a fuel source. Ketones are organic compounds your liver always makes. When you restrict carbohydrates and increase fat intake, your body uses ketones as its primary fuel source from stored body fat.

Fat; especially C8, in the morning signals to your body that you're not experiencing a famine which allows you to extend your nighttime fasting state well into the day while burning fat and feeling energized, alert and focused.

**\*\*Start slow and build your way up to avoid gastrointestinal disturbances.**

If you add the collagen powder in the recipes THIS BREAKS THE FAST so do not add the optional collagen powder if you are still fasting.  
(We suggest 12-14 hours of intermittent fasting)

# Decaf Bulletproof Coffee



## Ingredients:

Brew your coffee using Decaf Bulletproof Coffee beans  
(preferably)

1-3 tbsp grass-fed butter

1 tsp -1 tbsp Bulletproof Brain Octane MCT oil  
(remember go slow with the MCT oil)

## Directions:

Combine ingredients into a blender.  
Blend on high speed for 30 seconds.





# Mega Maca

## Ingredients:

1 cup unsweetened coconut milk

1 tbsp raw cocoa powder

1 tsp maca powder

1 tsp-1tbsp Bulletproof Brain Octane Oil

1-2 tbsp grass-fed butter

optional: 1-2 scoops collagen protein powder if you are breaking the fast

## Directions:

In a small saucepan heat milk over medium heat.

Add raw cocoa powder and maca.

Move ingredients to your blender and add MCT oil and grass-fed butter.

(Blend with hand blender or in a glass blender, plastic will crack with heat)

Blend on high speed for 30 seconds.

Add the optional scoop of collagen protein powder and blend.





# Chaga Chaga Choo Choo Latte

## Ingredients:

1 tsp chaga powder  
1/4 tsp cinnamon  
1 cup hot water  
1 tsp-1 tbsp Bulletproof Brain Octane Oil  
1-2 tbsp grass-fed butter  
optional: 1-2 scoops collagen protein powder

## Directions:

Combine ingredients into a blender.  
Blend on high speed for 30 seconds.  
Turn blender low and add the optional scoop of collagen protein powder.  
Sip and savor.





# Fine & Dandy Latte

## Ingredients:

2 cups of water  
One heaping scoop of Dandelion powder  
Cinnamon to taste (~1 tsp)  
1/2 tsp organic vanilla extract  
1 tsp - 1 tbsp Bulletproof Brain Octane MCT Oil  
1 - 2 tbsp Grass-fed Butter  
Optional 2 scoops vanilla collagen protein powder

## Directions:



Boil water. Place water in blender (or use hand blender).  
Add all the other ingredients and blend on high speed for 30 seconds.  
Serve and enjoy!



# Golden Mylk

## Ingredients:

1/2 cup unsweetened almond milk OR 1/2 cup coconut milk  
1/2 cup boiled water  
1 tsp - 1 tbsp Bulletproof Brain Octane oil  
1-2 tbsp Grass-Fed Butter  
1-2 tsp turmeric  
1 tsp cinnamon  
1 tsp grated ginger  
a pinch of black pepper (which boosts the potency of curcumin)  
Optional: Big scoop collagen protein powder

## Directions:

Combine ingredients into a blender. Blend on high speed for 30 seconds, turn to low and add the optional scoop of collagen protein powder. Serve and enjoy!

## Learn:

Why do we add the black pepper? Within an hour of eating turmeric, curcumin appears in your bloodstream, but only in small traces. When we add black pepper it shoots up by 2000%!! A compound found in black pepper is a potent inhibitor of drug metabolism. One of the ways your liver gets rid of foreign substances is by making them water soluble so you can pee it out. The black pepper inhibits that process thereby boosting blood levels of the beneficial compounds. Add fat like coconut milk and MCT and you have just enhanced the bioavailability of curcumin seven to eightfold!



# Universal Harmony Latte

## Ingredients:

- 2 teaspoon of Puricas Zensation Universal Harmony mix
- 1 cup brewed decaf coffee
- 1-2 tablespoons grass-fed butter
- ½-1 tablespoon of Bulletproofs Brain Octane Oil

## Directions:

Boil water. Place water in blender (or use hand blender).  
Add all the other ingredients and blend on high speed for 30 seconds.  
Serve and enjoy!

## Learn:

We love this 8 mushroom blend by Purica for it's full body support and delicious taste.

Cacao is a better source of calcium than cow's milk, and it is densely packed with iron, magnesium and antioxidants. Consuming cacao can help with issues like depression, stress, blood pressure and heart health. Ashwaghandha is an adaptogenic herb traditionally used to strengthen the immune system, it also has the ability to enhance your stamina and work as a natural stress reliever. This powerful herb has been shown to lower cortisol levels, balance thyroid hormones, reduce anxiety and depression, stabilize blood sugar and treat adrenal fatigue. All of that goodness added to your morning brew with just 1 scoop!

# Green Drink



Spirulina is an amazing superfood that is packed with so many nutrients! We love using spirulina in our green drinks for all the incredible benefits that come along with it.

Spirulina contains high amounts of calcium, potassium, B vitamins and iron. It also contains magnesium and is a great source of plant based proteins. For a vegetarian or vegan diet Spirulina is a great addition for the iron and B12 content that is lacking when we eliminate animal sourced proteins.

Spirulina is also a powerful antioxidant that fights free radical damage and inflammation in the body. Studies have shown that Spirulina can slow the production of cytokines in the body, which play a big role in the inflammatory process and immune response.

Enjoy your spirulina drink every morning to break your fast.



# Simply Green

## Ingredients:

1 teaspoon spirulina powder  
1 full lemon squeezed  
Water

Place in shaker cup, shake & enjoy.

# Sparkling Green

## Ingredients:

2 cups sparkling water  
1 fresh lemon  
2-3 drops stevia or sweeten to taste  
1 to 2 teaspoons of spirulina powder

Combine all ingredients except for soda water and mix well.  
Pour in sparkling water and stir. Serve immediately.

# Rise & Shine

## Ingredients:

1 teaspoon spirulina powder  
1/2 scoop of rise and shine ph powder from prairie naturals  
Water

Combine all ingredients in a shaker cup and enjoy.



# The Trifecta

## Ingredients:

1 to 2 teaspoons of spirulina powder  
1/2 scoop rise and shine ph powder from prairie naturals  
1/2 scoop red superfood powder from prairie naturals  
Water

Combine all ingredients in a shaker cup and enjoy.



# The Motherload

## Ingredients:

1 teaspoon spirulina powder  
1/2 scoop of rise and shine ph powder from prairie naturals  
1/2 tbsp Vitamin C powder  
1 scoop L-Glutamine powder  
1/2 tbsp Magnesium powder  
Water

Combine all ingredients except the Magnesium powder in a shaker cup and shake. Stir in the remaining Magnesium powder and enjoy!



# Green Mylk

## Ingredients:

2 cups of unsweetened almond milk or alternative milk  
half an avocado  
1 tsp spirulina powder  
a dash of cinnamon  
juice of 1 lemon  
stevia to sweeten

Combine all ingredients in a blender.  
Serve and drink immediately.



# Green Cashew Cream

## Ingredients:

1 cup raw cashews soaked  
 $\frac{1}{2}$  teaspoon spirulina powder  
1 teaspoon cinnamon  
stevia to sweeten  
2 cups water

Soak the cashews at least eight hours in 2 cups of water, ideally overnight. Drain the water and place the cashews into the blender. Add the stevia, water, cinnamon and spirulina powder. Blend until smooth and creamy.

