

# Dandy Morning Coffee

## Ingredients:

- [Dandy Blend](#), to taste
- hot water (*see directions*)
- 1-2 t. [collagen](#), optional
- 1-2 t. [protein powder](#), optional
- 1/8 t. [sunflower lecithin](#), optional
- half and half, milk, or cream, to taste
- 1 t. [MCT oil](#), optional
- favorite extract or flavoring, to taste (*I normally use vanilla but I just bought some caramel to try out.*)
- sweetener, to taste (*I have been using [Stevia](#) in place of the sugar*)

## Directions:

I use about 2 t. of Dandy blend and 8-10 ounces of hot water.

I add all of my powdered ingredients into the hot water and stir vigorously. (*I just bought an immersion blender to use for this as I want to try to make it a little creamier but it has been okay without it.*)

Then I add all of the liquid ingredients and sweeten/flatten to taste. Enjoy!

### *Bulk Batch:*

I love this so much I have begun to make it up in bulk and store it in a glass jar above the coffee maker. You could omit the Dandy Blend and use it as a creamer if desired.

- 1 c. [Dandy Blend](#)
- 1 c. [collagen](#)
- 1/2 - 1c. [protein powder](#)
- 1 T. [sunflower lecithin](#)
- 1/4 c. - 1/2 c. powdered [MCT oil](#)

Simply mix well with a blender or food processor and store in a dry container until ready to use. Add 2-3 T. of the mixture to hot water and add cream, if desired.

Sweeten and flavor to your liking. Enjoy!