

Make a Hybrid Latté

1 tbsp C8 oil (Ketofast)

240ml (8fl oz) no carb almond milk (unsweetened)

1 heaped tbsp almond butter or peanut butter

1 tbsp walnuts, pecans or peanuts (optional)

120ml (4fl oz) filtered coffee or run through

1 rounded tsp cacao powder

Half a tsp ground cinnamon

Blend all ingredients in a blender

Make a Hybrid Latté

During the 'High Fat' ketogenic part of the **Hybrid Diet**, making a Hybrid Latté is a quick and easy way to kick start ketosis.

Here's the recipe:

The Hybrid Latté is roughly 400 calories and provides almost 20g of protein, and 3 Fat Units (you need 10 a day in a 'High Fat' phase). So, if you had nothing but three of these per day, you would have sufficient protein to meet your body's needs - about 9 FU and 1,800 calories.

1 tbsp C8 oil (Ketofast)

240ml (8fl oz) no carb almond milk (*unsweetened*)

120ml (4fl oz) filtered coffee or run through (*less caffeine, more antioxidants*)

1 heaped tbsp almond butter or peanut butter (*almond has half the carbs*)

1 tbsp walnuts, pecans or peanuts (*optional*)

1 rounded tsp cacao powder

Half a tsp cinnamon (*good for blood sugar*)

Blend all ingredients in a blender.

Note: Leave out the coffee for caffeine-free or use decaf and add more almond milk and a cup of ice cubes for an iced version.

3 FU, 2 GL/8g carbs