



WHAT HAPPENS WHEN YOU PUT BUTTER IN YOUR COFFEE?

Posted on August 8, 2022 by Charlotte Hunter

Butter? In your coffee? Yes, this sounds a little strange, but give it a chance and give us a chance to explain the benefits of this combination. Blending butter into your coffee can surprisingly give you a range of different health benefits and can help power through your day with an added boost. Here we will outline what really happens when you put butter in your coffee.

There are some surprisingly great benefits when you add a little butter to your coffee in the morning! This includes:

- **Fat-burning effects:** Although fats are hated by diet culture, butter actually has a range of different health benefits, which can have fat-burning effects.
- **Great source of healthy fats:** This coffee and butter trick is commonly used by people who follow the keto diet, they will frequently prefer to drink this, rather than eat breakfast. It is favored due to its high-fat levels and low carbohydrate levels.
- **Weight maintenance:** Healthy fats are great for your body and help to keep your skin, hair, and body in great condition. Healthy fats also slow digestion and this, in turn, creates a feeling of fullness for more time. This feeling of fullness means that you will likely consume fewer calories in a day, which can help with weight loss or weight maintenance.
- **Balance your energy levels:** These fats also supposedly help with improving and balancing energy levels, suppressing excessive hunger levels, and even boosting your brainpower throughout the day!
- **Healthier alternative:** It is a way to give your coffee a creamy and thick texture, without adding cream, sugar, and other unhealthy things and hundreds of calories.
- **Reduces caffeine sensitivity:** If you have ever experienced caffeine jitters, you know that they can be uncomfortable and distracting, the fat from the butter forms a lining on your stomach which means that acid activity is calmed, and the jitters are also calmed.

Why did butter coffee become popular?

This beverage emerged in the early 2000s as a way to improve energy levels and provide slow-release energy throughout the day. However, in reality, this drink has been around for hundreds of years. It is not a new concept to add fats to coffee and many ancient societies practiced this method of making coffee.

It regained importance in the weight-loss community, especially those following the keto diet. This is because it is a way to consume calories without ingesting carbohydrates and contains high levels of fat which can invoke ketosis, aiding the process of weight loss. In addition to this, its ability to satiate cravings means that it can be a useful tool for weight loss for people who crave sugary foods or carbohydrates or generally overeat during the day.

How do you make butter coffee?

The most common way to prepare butter coffee is to blend the butter into filter coffee. When the butter is blended into the coffee, it ensures that the fats do not separate from the liquid of the coffee. It instead becomes a creamy drink, almost as if you had prepared the coffee with milk.

Butter coffee is often consumed in place of breakfast by those following a keto diet, which is high in fat and low in carbs.

Here's an example how to make butter coffee:

1. Brew about 1 cup (8–12 ounces or 237–355 ml) of coffee.
2. Add 1 tablespoon of coconut oil.
3. Add 1 tablespoon of unsalted butter, or choose ghee, a type of clarified butter lower in lactose, if you don't eat regular butter.
4. Mix all ingredients in a blender for 20–30 seconds until it resembles a foamy latte.

You will need a high-quality blender and preferably one that can handle hot liquids being blended. It is worth noting that a stick blender or a normal cheap blender will not properly blend your butter coffee and you will most likely end up with lumps of fat in your coffee, instead of the smooth, creamy latte texture that you are trying to achieve.

Sometimes butter coffee is also called bulletproof coffee, though there are a few differences between the two. Bulletproof coffee is made by mixing black coffee, and unsalted butter, and adding MCT oil. Adding the MCT oil which contains medium-chain triglycerides makes the coffee an instant source of energy and is an instant metabolism booster.

You can make a very smooth and strong drink by using cold brew, but really you can use any type of coffee with the butter to make the drink.

There are also different alternatives to dairy butter if you are vegan, lactose intolerant or simply don't want to consume dairy. You can use coconut oil or cacao butter to give the coffee a similar texture and reap the health benefits of adding healthy fats to your coffee.

There are also questions about what butter you should use. It is most recommended to use grass-fed butter, as it has more vitamins and is generally healthier, however you can use grain-fed butter if that is what you have or what your local store sells

Mistakes When Making Butter Coffee

- If you use too much butter or too little butter you will destroy the taste of the drink, you should use a tablespoon of unsalted butter and a tablespoon of MCT oil if you are making

bulletproof coffee. Do not add more butter than one tablespoon, as this could have negative effects on your health and upset your stomach.

- Not using a proper blender: do not use something like a protein shaker or a hand blender. Also, do not just throw a stick of butter into your coffee. You must blend the fats properly and achieve emulsification.
- Using low-quality butter is one mistake if you are trying to make a high-quality drink with health benefits, try to use the best quality butter that you can find, this will improve the flavor, texture, and benefits of your coffee.

When should you consume butter coffee?

The most typical time to consume butter coffee is in the morning as a high-fat, low-carbohydrate breakfast. It is high in calories, so it is recommended to limit your intake of this type of coffee, however, it is a good source of slow-release energy to help you balance your energy levels throughout the day.

Many people proclaim that butter coffee is just as good, if not better than an energy drink and they like to drink butter coffee before taking part in sports and other activities. It is also a great option for people who don't usually eat breakfast, or can't eat an entire meal in the morning when they wake up. This will provide you with enough energy to start your day, while not filling you up or bloating you.

If you eat a high-carb breakfast in the morning, your insulin levels will spike to break down the carbohydrates. Then your insulin levels will drop again, which will make you crave more sugar to stabilize the insulin levels. This is why you feel hungry after eating high-carb meals. Butter coffee, however, has the opposite effect, the energy is slowly released, and your digestion is slowed down, this means your insulin levels do not spike, therefore you will not have cravings throughout the day.

□ [Add This "Unusual Nutrient" to Coffee or Tea, to Effortlessly and Fully Empty Your Bowels Every Single Morning](#) (Learn More)

Is butter coffee actually good for you?

Butter coffee is a good source of antioxidants and can be a healthy way to boost your energy levels. However, the fact that it is so high in calories could lead to excess calorie consumption and therefore weight gain if you are not watching your calories intake. The trick is to monitor your daily calorie intake and ensure that you are not consuming too much butter coffee.

Furthermore, the increased fat levels could increase the risk of cardiovascular disease. It is also not a whole or complete food and lacks vitamins. Therefore, if you want to add butter coffee to your diet, it is recommended to add it to a healthy, balanced diet with fruits, vegetables, and proteins.

This will ensure that you are providing all of the right vitamins and minerals to your body.

You should also be aware that there are many variants of butter coffee with include other ingredients such as milk, cream, or dairy. These versions are not as healthy as the butter coffee that is being discussed in this article.

If your body is not used to consuming high levels of fat, it is highly recommended to gradually introduce small quantities of the butter or coconut oil in your coffee and increase the quantities in line with how your body adjusts to the extra fat intake.

You should also be aware of what you are already consuming in your diet, if you already consume red meats and other dairy products, it might be wise to limit your intake of high-fat options such as butter coffee.

If you are concerned about any pre-existing cardiovascular issues and your cholesterol levels in general, you should consult your doctor and ask for guidance as to whether introducing butter coffee into your diet is safe and good for your overall health.

Overall, blending butter with your coffee provides health benefits and allows you to regulate your energy levels throughout the day. Many people swear by consuming butter coffee as part of the keto diet and as a replacement for breakfast. It is said to promote fullness and can even provide benefits to your hair and skin. However, you should be aware of the high caloric content, so as not to overconsume calories and gain weight and you should be aware of the high-fat content and how this fits into your normal diet.

You may also like:

[**Better Than Espresso: Chaga Mushroom Coffee**](#)

[**Transform Your Favorite Tea Into an Absolute SUPER Fat-Burning TEA By Doing This**](#) (Video)

[**Herbal Coffee Substitutes You Can Drink Every Morning**](#)

[**DIY Onion Juice To Burn Belly Fat**](#)

[**Bedtime Drinks That Burn Belly Fat**](#)

Comments



Dave - 2022-09-01 17:20:14

Pauline, God placed animals on this earth for humans to eat. Apparently, you think you and your scientist are smarter than God. You can have that discussion with Him. also, it seems that you did not notice that this site is full of people who like to eat wholesome natural food, and probably consume free range organic fed meat. not McNuggets. I will pray for you. Blessings to all.



Pauline - 2022-08-31 17:47:52

How rude! It is scientifically proven that consuming animal products is bad for anyone in the long run. Animals today are not the animals of yesteryear unless you are raising them yourself to healthy standards. Oh Karen (lol, Karen). Go do some research.



Kathleen - 2022-08-28 09:30:32

God has made all we need for good health and wellness.



Debora G. - 2022-08-18 12:29:32

Thank you, Dr. Varden! I always am puzzled by people who make snarky remarks about others' habits that come off as judgy. Completely have the opposite effect than intended, surely.



Dr. Lara Varden - 2022-08-09 13:19:30

This is in reply to a few comments made above, as well as the main article itself in relation to the benefits of putting butter in your coffee. First of all, I am a doctor, specifically I have my PhD in Interdisciplinary Biosciences & Biotechnology specialized in Biomolecular sciences, Neuroscience and Biomedical Engineering. I am an Adjunct Professor in the Dept. of Biology at Clarkson University and also a certified Functional Medicine Nutrition and Lifestyle Practitioner. I have been a fan of Bulletproof coffee (and have been drinking it religiously) since 2016. The genesis behind Bulletproof Coffee comes from Dave Asprey, the father of Biohacking (he coined the term) and creator of Bulletproof coffee; albeit butter in coffee and tea is not new, as mentioned in the article. You can check out info on this at the following link:

<https://www.skyblueoverland.com/10th-anniversary-of-bulletproof-coffee-enjoy-20-off-select-products/>
The science behind Bulletproof coffee (i.e., butter coffee) is partially based in Dr. Gerald Pollack's work on EZ water, the 4th phase of water. You can listen to Dave Asprey's interview with Dr. Pollack and the relationship of EZ water, physiological benefits, and blended butter coffee here:

<https://daveasprey.com/gerald-pollack-its-not-liquid-its-water-304/> You could also look up Dr. Pollack and his research, book, etc. to learn more. More science about Bulletproof Coffee can be found on this Bulletproof blog, which also cites the research from which the info came:

<https://www.bulletproof.com/diet/bulletproof-diet/butter-coffee-benefits/> When it comes to butter or ghee and those who are lactose intolerant, there are a couple things. Although butter and ghee are not dairy-free, they are low in lactose and casein (milk protein) and should not cause intestinal upset/distress in lactose intolerant individuals. If you have hypersensitivity to lactose and casein, you would be better off using ghee. As for the comment that people should not eat meat or animal products of any kind...I would respectfully say that there is a lot of research and anecdotal evidence that states otherwise. Each person is different, has different needs and reacts differently to different ways of eating. There is also making sure to get all the required and necessary macro- and micro-nutrients that our bodies need to work efficiently and not end up with deficiencies and ultimately chronic conditions. This is a whole other discussion that I don't have time to go into. There was a comment from Pam about adding Himalayan salt for the added minerals. This is wonderful as we as a society have become mineral deficient. Another way to get more minerals is use water that has added minerals to it...like adding liquid Trace Minerals to your filtered water. You can also make your own adrenal cocktail with Redmond's Real Salt that is chock full of numerous natural minerals. That's my 2 cents. And to let you all know...since I started drinking Bulletproof Coffee, eating healthier and living a better lifestyle, I lost 65 lbs and have kept it off for 5 years! My brain has also worked much more clearly and efficiently, and I have LOTS of energy!!



David Kallaher - 2022-08-09 10:59:54

Today just as growing up, if toast was not available, we just took a slice of butter with a knife and put it on the top of the coffee in the cup. It was simply blended with the spoon. When we went camping it was placed in the coffee pot as it brewed on the fire.



Kristen - 2022-08-09 09:24:27

Couldn't I just butter my toast?



Pam - 2022-08-09 04:58:10

Oops my comment went in twice! Lol



Pam - 2022-08-09 04:56:40

Here, here! To each their own. Meat eaters are meat eaters others that aren't will be very excited to know the globalists are getting their dehydrated crickets and grubs out on the shelves already. So go, knock yourselves out on them. I will eat your share of beef. ☐



Pam - 2022-08-09 04:53:22

Here, here! To each their own. Meat eaters are meat eaters and others will be very excited to know the globalists are getting their dehydrated crickets and grubs out on the shelves already. So go, knock yourselves out on them. I will eat your share of beef. ☐



Pam - 2022-08-09 04:28:30

I was a keto coach for 7 years, I love my "Bulletproof" coffee. Can I just say that YES you CAN use a little portable battery operated blender I have done so for 8 or 9 years. I blend it this way for 2 minutes and it definitely blends everything to perfection. You must blend your Bulletproof Coffee as it totally changes the composition for the better, if you don't blend it it simply goes in as a lump of fat and does nothing for you. There is science behind this to back it. I also add some Himalayan Sea Salt into my coffee as it is chock full of minerals not like the lifeless, crappy, bleached table salt that will kill you. I use salt in my coffee because I also swear by intermittent fasting. You need salt in your diet and either Himalayan or Celtic Sea Salt is the way to go. Not forgetting I won't be eating for 16 hrs so need good mineral salt, and man, it tastes so nice in coffee! Lastly, I would like to mention if you are including the MCT oil into your coffee, 1. make sure you research the company selling it for purity and 2. Start off with just a teaspoon. There are some of use that can feel a little queasy in the stomach with too much MCT and others that won't be able to leave the toilet! I have actually never been able to up it to a tablespoon, it just doesn't work for me. A teaspoon no problem, a tablespoon makes me feel sick for a little bit. There is a study out there on the net that states it doesn't really take that much MCT to do the trick so, if you can't handle any more that a teaspoon don't stress! Same deal with the MCT you must blend it into your drink, something the science tells us is to do with the molecules. You can search the net for that study also. ☐



Carolyn - 2022-08-09 02:55:58

thankyou for your post. how do u make your butter coffee. to david kalahar



Carolyn - 2022-08-09 02:54:30

hi thanks for your post. how do you make your butter coffee. thank you so much carolyn



David Kallaher - 2022-08-08 14:34:14

I have no idea about the carbs and fats, etc. Let me just add, I am 78 years old and i have been drinking butter coffee (1 pat /cup of coffee) most of my life. I was introduced to the taste as a child eating toast and dunking it into the coffee in the morning. Sometimes My mother was not able to make the bread and toast but we always had a slice of butter in the coffee. It was and remains a flavor I have thoroughly enjoy all these years, in the morning.



Karen - 2022-08-08 14:30:21

Do what you like Melissa but your opinions on if to consume animals or their products you can keep to yourself. Humans have been consuming animal products for eons and we are all still here.



Melissa - 2022-08-08 14:25:29

Why would anyone want to slow down digestion when you can just consume foods that make you feel fuller longer? Slowing it down is not at all a good thing & could lead to irregularities. Also, animal based products like butter, are anything but healthy & if everyone would stop consuming all animal based products it would put Big Pharma out of business because there wouldn't be enough need for all their drugs.



Diana van Loo-Karsijns - 2022-08-08 12:59:03

Yep, thanks. I found that MCT stands for Medium Chain Triglycerides, more than 50% in coconut oil, being capric acid and caprylic acid; the long chain fatty acid lauric acid being removed. Result is that that remaining part of the coconut oil wil be liquid in stead of (more or less) solid. Makes total sense. And, I found it in a store over here! Although I think I'll just use my coconut oil ;)



Steve - 2022-08-08 12:46:28

MCT is a chemical makeup of oil. Many oils may contain a percentage of my oil. Coconut and palm oils have a high percentage of mct, as well as other oil compounds. MCT oil purchased removes the MCT from the pure oil and packages it as a stand-alone oil. Pure m ct oil doesn't exist in nature.



Richard Perry - 2022-08-08 12:44:46

love these post



Karen - 2022-08-08 12:14:40

I have been putting a pat of butter in my coffee for years as I like the taste....I do not bother with a blender, I just mix it in when it is still too hot for me to drink and then drink it before it gets room temp and all is well. It probably helps that I like the taste of butter, and salted vs unsalted does not matter to me either. Enjoy!



Diana van Loo-Karsijns - 2022-08-08 11:21:04

Hey, thanks for the post! When I read it in my e-mail, I thought it said that it "doesn't change the taste of your coffee", so I was curious. Since I can't imagine the taste of my brilliant mug of strong coffee not being changed by butter or anything dairy for that matter. Too bad it will probably taste like a latte. Maybe if I try to see it as just another type of drink, a healthy drink! and not as coffee; and expect something totally different than the taste of real coffee.... That should maybe work! Thanks, I'll try it tomorrow, with coconutbutter too, (I have to find out what MCT oil is)! Greetings from The Netherlands