

A close-up photograph of a woman with short dark hair and glasses, wearing a blue t-shirt. She is smiling and looking towards the camera. In the foreground, she is holding a wooden spoon over a teal-colored bowl. The background shows a kitchen with dark wooden cabinets and a stainless steel sink.

The Fiery Grandma's Healthy Bullet Coffee

Carla J Gardiner, The Fiery Grandma 2021

Hey, everybody. Welcome to the cafe tonight on the night shift, my name is Carla Gardiner, The Fiery Grandma.

I hopped in here today because Angela is traveling. I've got the girls over at The Clubhouse taking care of things. So many people have been wondering what that special coffee is that Angela makes for me when I'm on the fly. I thought, why not demonstrate it for you tonight. Since I only drink healthy coffee over at the clubhouse, and I typically request THIS coffee in the Cafe, I'm going to demonstrate for you so you can see all the yummy ingredients in this delicious treat.

The first ingredient is your coffee of choice. Since it's late we're going to start with my nighttime coffee, Dandy Blend. Since caffeine is a no, no I replace it with an herbal coffee. It is so good!

It tastes just like coffee, but without all of the side- effects. Because I'm in weight loss mode, this is going to be my dinner and you'll see how I fix it up, packed with nutrition. You'll be able to ask Angela or one of the baristas in the Cafe for the special ingredients, too.

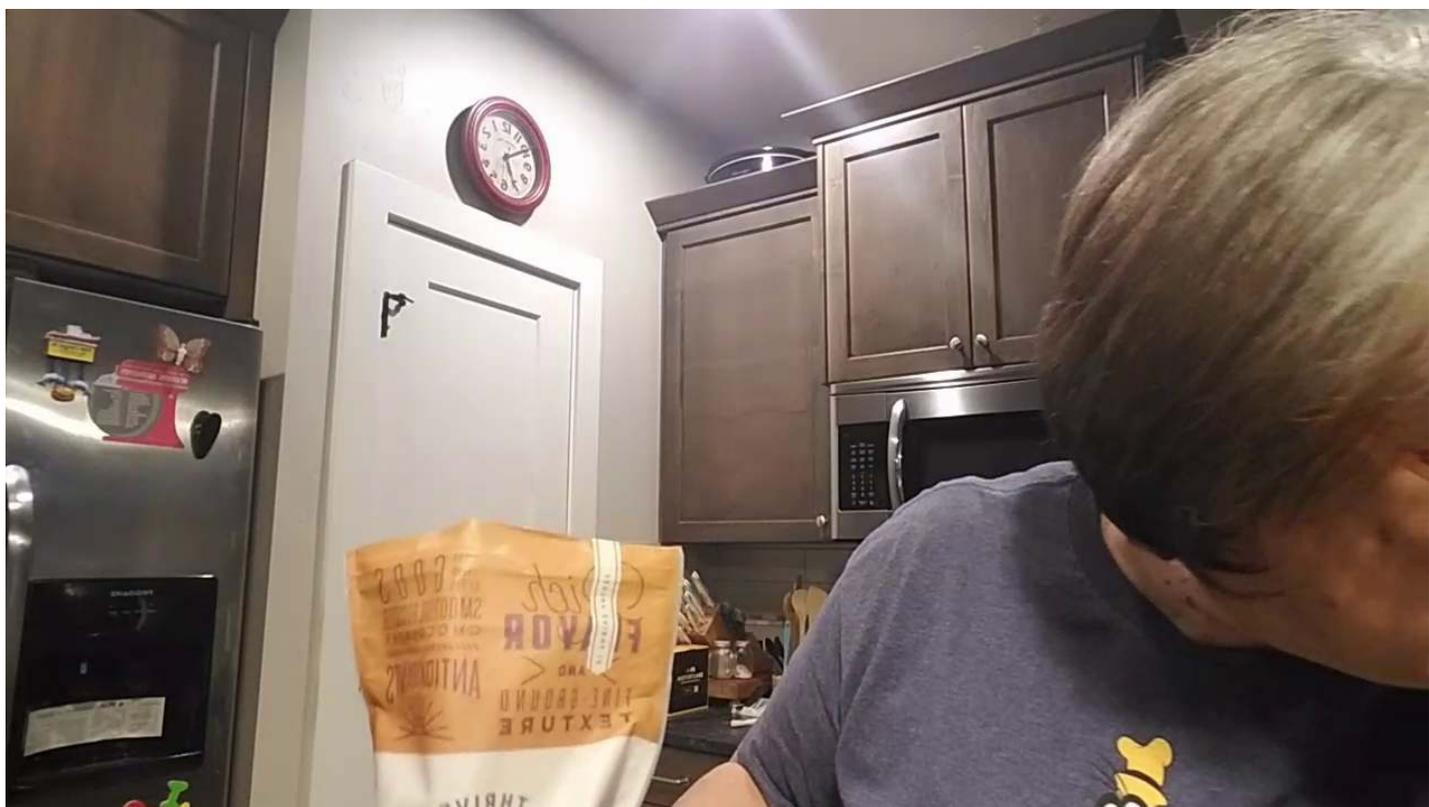


So for healthy fats, which are an essential part of any meal, I've got powdered MCT oil. Let me get my cup of coffee started before I begin. We will also be using heavy whipping cream, about a tablespoon and a tablespoon or two of real butter, too.

Then add a scoop of powdered MCT oil . Shoot, that bottle is gone, next. The Cafe has all of these special ingredients in the store room, or you can message me and I'll guide you to where to purchase each ingredient to make your own customized blend of [The Fiery Grandma's Healthy Bullet Coffee](#).



I have and use one secret ingredient. This is it, one scoop of my clean collagen+. This stuff is unlike any collagen I've ever used. It's a multi- collagen blend. It has four sources and it's got a bunch of other good stuff in it.



To cut sugar cravings I add in the next secret ingredient, *organic cacao!* I don't know, use a tablespoon or so, and we're going to toss that in there. Next I'm going to take a scoop of my *clean whey protein.* This protein powder is going to give me 24 grams of protein, and I can show you how to get the whey protein I use.

One more thing. I'll have to be light one ingredient. I usually take two tablespoons of butter, but I'm out. So, okay I think we're ready for the magic. I've got all this goodness in the Nutri-Bullet cup. Then we're going to pour the hot dandelion coffee in. Friends, it's very **HOT** friends. You have to make the coffee extra hot to make this because when you blend it with these other ingredients, it's going to cool down fast. Now we're going to use the Nutri-Bullet to make the healthy bullet coffee . Hold your ears, it's going to get loud.

Okay. Are you guys ready for this chocolatey goodness?

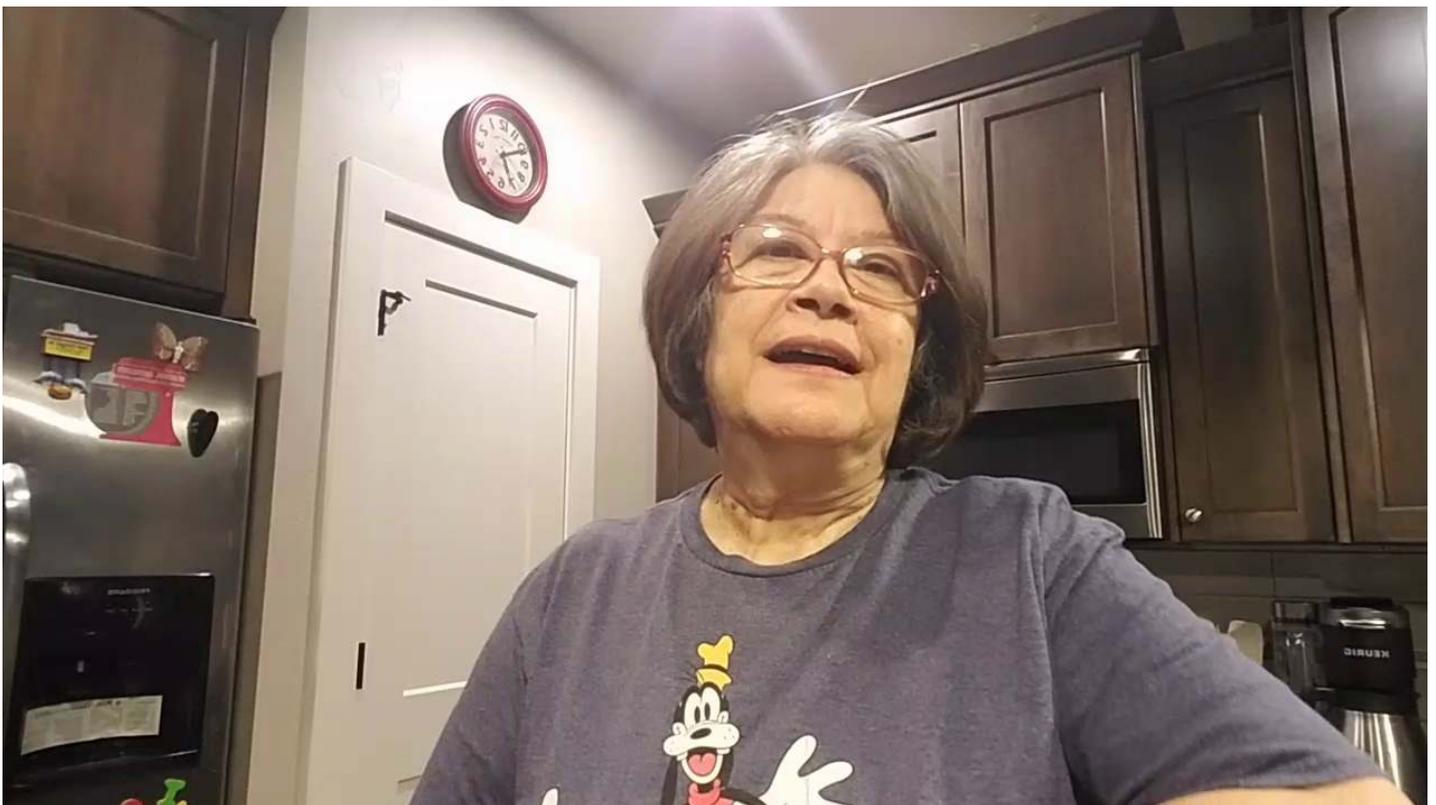
You can leave out the cacao when using chocolate protein powder, unless you LOVE deep rich flavor. The lid will get suctioned on. *Be very careful!* when opening so it doesn't explode and splatter YOU with HOT coffee .

You don't want to use MCT oil because it will ruin your blender seal. Trust me, don't do it. Here we go. It's very frothy. Can you see that? You don't want to do these too often because it is heavy in fat, but a nutrient-dense meal replacement or treat. OOOHHH, very HOT!

This drink is a meal replacement that will control your sugar cravings, gives you 24 grams of clean whey protein, and gives you your collagen for nice thick hair and nails. My skin is getting so much better and I'm losing weight, too.

So, this is the secret coffee we use over at The Fiery Grandma's Flab-U-Less Clubhouse. We're going to be starting our Back to Basics Challenge on January 15th, 2021. If you'd like to know more about it, come on over to The Clubhouse. We're gonna learn how and why to get healthy at 50 and over. It's more than just weight loss. It's about our entire body, mind, body, and soul; including real food and little secret tweaks. If you'd like this recipe, shoot me a private message. I'll be glad to send you a PDF of The Fiery Grandma's Bullet Coffee.

Alright, you guys, I will see you later. Order up your coffee below and if you'd like to order any of the ingredients in the bullet coffee, shoot me a private message. I'll hook you up there, too. Have a good night.



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Carla is a wife, mom and The Fiery Grandma of 8 who is a focused, driven business owner. After battling the diet roller coaster her entire life and watching her health decline she decided to reclaim her life in March 2018. She made a choice to change her lifestyle, lost 70 pounds, kept it off for over a year, went from a tight size 20 Women's jeans to a comfy size 10 Misses jean. Her mission is to guide women 50 & over to regain the confidence to look good, feel good, and do good for their best life, too.

Follow Carla on [Facebook](#), at [The Clubhouse](#) or
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