



MATCHA BULLET PROOF



Ingredients

- 1 tsp matcha
- 1 cup of hot water or milk
- 1 tablespoon MCT oil (c8)
- 1 scoop of collagen powder
- 1 tsp unsalted grass fed butter

Method

- Add all ingredients together in a blender
- Blend well and enjoy

Health benefits of a bullet proof coffee vs matcha

The recipe shared for a Matcha Bulletproof drink is a unique twist on the traditional Bulletproof coffee, which usually combines coffee, MCT oil, and grass-fed butter. The addition of matcha and collagen powder not only modifies the flavour but also potentially alters the health benefits you might receive. Let's break down the components and compare the potential health benefits of a Bulletproof coffee versus your Matcha Bulletproof recipe.

- ✔ **Matcha:** Matcha is rich in antioxidants, particularly catechins, which have been linked to various health benefits including improved heart health, weight loss, and protection against certain cancers. Matcha also contains L-theanine, an amino acid that can enhance mental focus and relaxation.
- ✔ **MCT Oil (C8):** Medium-chain triglycerides (MCTs) are a type of fat that is rapidly absorbed and metabolized by the body, providing a quick source of energy. C8 specifically refers to caprylic acid, which is known for its ability to increase energy levels and potentially aid in weight loss.
- ✔ **Collagen Powder:** Collagen supports skin health, helping to improve elasticity and hydration. It also plays a role in joint and bone health.
- ✔ **Unsalted Grass-Fed Butter:** Grass-fed butter is higher in omega-3 fatty acids and vitamins A and K2 compared to butter from grain-fed cows. It also contains butyrate, a short-chain fatty acid beneficial for gut health.

Health Benefits Comparison:

- **Antioxidants:** Matcha provides a significant amount of antioxidants, which are less prevalent in traditional coffee. These antioxidants can help reduce inflammation and prevent chronic diseases.

- **Caffeine Content:** Both matcha and coffee contain caffeine, though the amount can vary. Matcha typically contains less caffeine than coffee, but it's paired with L-theanine to offer sustained energy without the jitters often associated with coffee.

- **Healthy Fats:** Both recipes include MCT oil and grass-fed butter, offering benefits like improved brain function, energy levels, and satiety. MCT oil in both drinks can aid in weight management by increasing feelings of fullness and boosting metabolism.

- **Nutritional Content:** The addition of collagen powder in the Matcha Bulletproof recipe provides a protein source that supports skin, joint, and bone health, which is not a direct benefit of traditional Bulletproof coffee.

Coffee and Adrenal Health:

- **Stimulation of Adrenal Glands:** Coffee stimulates the adrenal glands to release stress hormones, such as cortisol and adrenaline. These hormones prepare your body for a 'fight or flight' response, increasing alertness and energy in the short term.

- **Potential for Adrenal Fatigue:** Over time, the consistent demand placed on the adrenal glands to produce stress hormones can lead to adrenal fatigue. This condition is characterized by symptoms like tiredness, difficulty in waking up, craving for salt and sugar, and reliance on stimulants like caffeine to get through the day.

- **Impact on Sleep and Recovery:** Caffeine can also disrupt sleep patterns, which is crucial for adrenal recovery. Poor sleep can exacerbate the cycle of stress and fatigue, further depleting adrenal health.

Comparison with Matcha:

Given these considerations, the Matcha Bulletproof recipe might offer a gentler alternative to those concerned with adrenal health:

- **Lower Caffeine & L-Theanine:** Although matcha contains caffeine, it is generally in lower amounts compared to coffee. Matcha also contains L-theanine, which can mitigate the stimulatory effects of caffeine, promoting a more balanced energy boost without the harsh spikes or crashes. This can be less taxing on the adrenals over time.
- **Sustained Energy without Overstimulation:** The combination of matcha, MCT oil, and other ingredients provides a sustained source of energy and nutrients without the overstimulation of the adrenal glands, potentially offering a more adrenal-friendly option.
- **Holistic Health Benefits:** The antioxidants and other health-promoting compounds in matcha, along with collagen and healthy fats, support overall health, which can be beneficial for those recovering from or looking to avoid adrenal fatigue.

Conclusion:

For individuals with concerns about adrenal health or those experiencing symptoms of adrenal fatigue, switching from traditional Bulletproof coffee to a Matcha Bulletproof variant might be advisable. The matcha version offers a balanced energy boost and nutritional benefits, potentially reducing the strain on the adrenal glands.

