

## Why Medium Chain Triglyceride Fats Matter & Clinical Utilization References

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# Ways to Incorporate MCT Daily

- Add it to coffee or other warm drinks
- Add it to a smoothie
- Add it to a meal replacement or protein shake
- Add it to condiments (dressings, sauces)
- Mix it with cocoa powder or chocolate sauce
- Mix it with pureed fruit and drizzle (dessert or low-carb pancakes/baked good)
- Drizzle it on top of a meal (pasta dishes/salads/casseroles)
- Mix it into a nut butter
- Mix it with tahini (sesame seed paste)
- Include in a fat bomb
- Drink it straight



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## Recipes: Fat Bombs

### Peanut Butter

- 3/4 cup coconut oil
- 1/2 cup butter
- 2 Tbsp natural peanut butter
- 3 Tbsp unsweetened cocoa
- 2 Tbsp sugar-free flavored syrup (optional)

Direction: Melt all ingredients together in a saucepan on low heat. Divide into 30 portions using ice cube trays or molds. Cool in refrigerator for one hour or until solid.

Nutrition (2 fat bombs): 166 calories, 18 fat grams, 0.5 grams net carbs, 1 gram protein

36% of fat calories & 33% of total calories from MCT

### Peppermint

- 1 cup coconut oil (melted)
- 2 Tbsp powdered erythritol or Swerve
- 1/2 tsp peppermint extract
- 4 Tbsp unsweetened cocoa

Direction: Mix the coconut oil with the sweetener and peppermint. Pour half the mixture into 12 molds or ice cube trays. Place in the freezer. Add the cocoa powder to the remaining mixture. Place in the fridge to cool. Once the layer in the freezer is set, pour the cooled chocolate layer on top. Place back in freezer or fridge to set.

Nutrition (1 fat bomb): 168 calories, 18 grams fat, 0.75 grams net carbs, 0.5 grams protein

60% of fat calories & 54% of total calories from MCT



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