

COFFEE LOOPHOLE RECIPE

A simple 2-ingredient coffee drink to help with weight loss.

Ingredients

- 1 cup of hot water
- 1 teaspoon of instant coffee
- * Pinch of pink Himalayan salt

Instructions

1. Dissolve the salt in hot water.
2. Add the instant coffee.
3. Stir well and enjoy your coffee!



Tips

- For a different flavor, swap the salt for fresh lemon juice.
- Drink it 30 minutes before breakfast.

Enjoy this quick, warm drink as part of a balanced diet!

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