



Memo to Mighty Members Tip #167

RECIPE: Coffee

August 10, 2023

Hello, my Mighties!!

Is it morning as you are reading this memo? Do you have your cup of coffee at your side?

I don't drink my coffee first thing. I prefer to start my day with a glass of water. But by mid-to-late morning, I'm ready for a cup of coffee.

Perhaps you already know my secrets because you watched me discuss how I make my coffee — and why — on a recent Monday Night Live (July 3, 2023, "Weight, Blood Sugar and Cardiac Health"). If you missed that one, you can find it in the Monday Night Live archive on your new and improved Mighty Members' page.

Indeed, I transform my coffee into a nutritious, healthful beverage that supports my body's needs and holds me until lunch (when I prefer to have my first meal of the day).

How do I do it? Well, I'm glad you asked!



Cup of Joe-ette

In a tall beaker, I place:

- About 2 ounces of my husband's brewed organic coffee
- About 4 ounces of hot water (to dilute the coffee to my preferred strength)
- 2 T brown butter (I make this using the method described below and keep it in the refrigerator.)
- A pinch of Celtic salt
- About 5-15 drops of [Crataegus MT](#)
- About 5-15 drops of [Equisetum MT](#) (Horsetail)
- About 5-15 drops of [Syzygium MT](#)
- About 5-15 drops of [Cayenne MT](#) (I love the heat.)
- About 5-15 drops of [Ceylon Cinnamon MT](#)
- 3 T of raw cream (when available)
- Sometimes I add a raw egg yolk.
- Sometimes I add [collagen powder](#) (but I usually get enough collagen from my homemade bone broth).
- Sometimes I add [Taraxacum](#), otherwise known as dandelion.



Then I grab my battery-powered [handheld Zulay frother](#). (I love this tool. It's got a little stand, so it doesn't have to lay flat on the countertop. When I finish, I just hang it on the little stand! How cute is that?)



Anyway, I whip up the coffee concoction with my frother. (I do this in a tall beaker so it doesn't spin out of control all over me!) I whip it thoroughly until it's got a nice, thick foamy head.

When faithfully frothy, I pour it into my mug and enjoy.



So, that's the "what." Now for the "why."

The butter, cream and occasional egg keep my appetite down and give me vitamins A, D and E, plus saturated fats to feed my brain, heart and skin.

The salt kicks up the flavor and adds electrolytes.

The *Ceylon Cinnamon* MT aids with blood sugar, and *Syzygium* MT keeps sweet cravings to a minimum.

The *Cayenne* MT — a flavor that I love — assists with vascular issues (of which my family has a history).

Crataegus MT is a cardiac tonic, while *Equisetum* MT keeps hair thick and nails strong — not to mention, it protects the urinary tract.

Of course, the collagen is for the health of hair, nails, skin, cartilage and bones. *Taraxacum* is to support the liver and is a protection in general.

Now, doesn't that sound better than an astoundingly over-sugared, chemically laden cup of joe from your nationally advertised chain store? I'll answer that for you. Yes. Yes, it is!

So, let's circle back around to how I make my brown butter, shall we?

I start with a pound of organic butter. (And I always read the ingredients while I'm in the store. You'll find this hard to believe, but lately, I've been finding they're adding *flavors* to butter ... even organic butter!)

You have to be careful and always read the ingredients, my friends.

And I should mention that if my butter were raw, I wouldn't brown it. However, I do put raw butter in my coffee from time to time — as is — when I have it.

Anyway, I put a pound of organic butter in an oven-safe Pyrex® glass loaf pan. (I used to make banana bread in it). Then I place it in a 300° oven. Sometimes, I even put the butter in the pan when it's frozen!

Then I just forget about it. However, my nose stays on alert. Every once in a while, when I can smell it, I go in and stir it a little bit — just a light stir. The goal is to make the butter brown on the bottom. It takes about 30-40 minutes.

Now, you don't want to *burn* it, but you do want it brown on the bottom. It will look kind of gritty on the bottom. (Below is a stock shot of brown butter made on the stovetop, just to reference the appearance I'm talking about. Many people make theirs on the stovetop. But my method is much more hands-off, and I prefer glass to metal cookware whenever possible.)



Once it's brown on the bottom, I take it out and wait for it to cool a bit. It should be only slightly warmer than room temperature. (You don't want it to cool too much, or it will become too solidified to work with.)

Then I pour the brown butter into one of those little silicone trays often used for tiny ice cubes or candy-making (similar to [this one](#)). Then I put it in the freezer.

Once the brown butter bites are frozen — which doesn't take long, by the way — I pop them all out of the silicone tray into a container bound for the refrigerator. Now I have individual little brown butter bombs — about a tablespoon each — ready to be added to recipes or my coffee.



What difference does the browning make? My friend, if you've never done it, you should try it! The browning process steps the butter's flavor up a notch. It gives the butter a slightly nutty taste. It reminds me of toffee! Even though there is no sugar in it, it has a slight sweetness that I just love. It's so rich and delicious.

And you already know by now how much I believe in the nutritional benefits of butter. (Heck, don't tell anybody, but sometimes, I'll just take a little bite out of one of the solidified bits! They really suppress my appetite! Plus, my goal is to consume approximately half of a stick of butter or other animal fat per day.)

Because they're so conveniently pre-prepared, I use them all the time. For example, I'll place one on top of my soft-boiled eggs. It melts right into the egg and just adds an enjoyable tastebud sensation. Having them ready to go makes adding tasty butter to any recipe convenient and easy.

Enjoy! Eating — and drinking — nutrient-dense foods and beverages is part of staying Mighty!



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Links:*

Crataegus MT — <https://www.amazon.com/Dr-Reckeweg-Homeopathic-Crataegus-Oxyacantha/dp/B08KWB2F79/>

Equisetum MT (Horsetail) — <https://www.herb-pharm.com/products/horsetail>

Syzygium MT (If you don't have access to purchase from OHM) — <https://www.helios.co.uk/en/shop/syzygium-jambolanum>

Cayenne MT — <https://www.amazon.com/Dr-Christophers-Formulas-Cayenne-Pepper/dp/B0007DGNC4>

Ceylon Cinnamon MT — <https://www.amazon.com/CinnaGoldTM-Ceylon-Cinnamon-Supplement-High-Potency/dp/B07VJZD4VB/>

Collagen powder — <https://products.mercolamarket.com/collagen-supplement/>

Taraxacum MT (the Gaia brand shown in the photo is no longer available) — <https://www.herb-pharm.com/products/dandelion>

Handheld Zulay frother — <https://www.amazon.com/Zulay-Original-Milk-Frother-Handheld/dp/B09D8T11YS/>

Silicone mold trays — <https://www.amazon.com/Silicone-Release-Freezer-Flexible-Cocktails/dp/B08TWWLWGL/>

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Other Mighties may have the same question, and by utilizing the forum, my team members can provide the answer to everyone. Plus, you might benefit from the conversation your question sparks!

If you have any tips to share, please send them to my team member tracey@practicalhomeopathy.com. She will compile them for me, and you might see your advice shared with our group — with proper credit given, of course! However, please send tips and suggestions only; we cannot answer questions at this email address.

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