Coffee Loophole Recipe — Updated Guide

Ingredient	Claimed Benefit	Research Support
Lemon Juice	Detox and appetite reduction	Mild support for digestion and pH
Cinnamon	Blood sugar balance, fat burn	May reduce insulin spikes post-meal
Turmeric	Anti-inflammatory, metabolism	Supports reduced inflammation
Cayenne Pepper	Boosts thermogenesis	May slightly increase calorie burn
MCT Oil	Sustained energy, satiety	Well-studied fat metabolizer

■ **Tip:** Collagen peptides or protein powder can also be added to enhance satiety, support skin and joint health, and make the drink more filling if used as a meal replacement.

How to Make the Coffee Loophole Recipe at Home

Ingredients (1 serving)
• 1 cup (225 g) hot black coffee (or cold brew)
• ¼ tsp ground cinnamon or turmeric
• 1–2 tsp fresh lemon juice
• 1 tsp MCT oil or coconut oil (optional)
• 1 scoop collagen peptides or protein powder (optional)
• Pinch of cayenne pepper (optional)

Instructions
1. Brew 1 cup of black coffee using your favorite method (drip, French press, or pour-over).
2. Stir in cinnamon or turmeric, blending evenly into the hot coffee.
3. Add fresh lemon juice and mix well.
4. Optional: Incorporate MCT oil, coconut oil, or collagen for extra satiety and energy.
5. Sprinkle a pinch of cayenne if desired for a mild thermogenic effect.
6. Drink immediately—many follow the 7-second rule, sipping as soon as hunger strikes to extend fasting windows.

Tip: Enjoy it with a light breakfast like a protein-packed omelet or overnight oats if you need additional fuel.

Notes
• Best consumed on an empty stomach for appetite-control benefits.
• Adjust lemon amount if you have acid sensitivity.
• MCT oil works best when blended to avoid oil separation.
• Start with small amounts of cayenne if you're spice-sensitive.