Purification Bulletproof "Hot Chocolate"

1 T butter

2 cups almond or coconut milk

2-4 scoops Chocolate and/or Vanilla SP Complete (I did 2 scoops chocolate and 1 vanilla)

(Optional--stevia or monkfruit to sweeten if desired)

Heat milk, don't boil. Add butter and SP Complete and stir or use a stick blender to combine.