



SIMPLE VANILLA COFFEE CREAMER

By Dr. Cindy Tanzar

(Standard, Vegan/Vegetarian, Maintenance Plans)

Many of the standard iced or hot coffees may be tasty, but they are loaded with sugars, artificial flavors and low-quality dairy. You can play around with liquid stevia drops to give yourself more flavor options, too. Just don't go overboard and start entertaining too much of a sweet desire – it can be a slippery slope. One way to help make your coffee more special is to purchase a coffee frothier. Amazon has a great one for \$12 that comes in all sorts of colors. To make a standard cup of coffee special, whip just the cream in the cup, then add your coffee.

One serving of this recipe is 1/4 cup or less, depending on your tastes. Just enjoy it as a freebee in addition to your breakfast fat!



INGREDIENTS

3/4 cup unsweetened almond milk

1/4 cup organic heavy cream or full-fat coconut cream (vegan)

1/2 tsp. pure vanilla extract

Liquid stevia drops, to taste (flavored for variations), optional

Cinnamon, nutmeg sprinkles, optional



INSTRUCTIONS

Pour the almond milk, heavy cream, vanilla and stevia drops (if using) into a medium-sized jar with a lid and shake well.

Store in the fridge for up to 10 days. Can also pour into an ice cube tray for use in iced coffee drinks.