

Healthy Non Dairy Coffee Creamer



I love the taste of most non dairy creamers (like Coffee mate), but I know the sugar they contain promotes inflammation, the precursor to most diseases. Honey is better by far. Also,

since Turmeric and Coconut oil contain *anti-inflammatory*, *anti-alzheimer's* properties, I was determined to find a way to include them in my regular diet without having to think about it. By making my own coffee creamer I was determined to find the perfect solution...

And I FOUND it - **in my OWN KITCHEN!**



Here's my recipe:

Ingredients:

Water
Coconut oil
Honey
Almond or Soy Milk
Lecithin*
Vanilla

Spices as desired (*I add Turmeric, Cinnamon, Ginger, Nutmeg, Cardamom, Cloves. All are beneficial for you!*)

INSTRUCTIONS:

Add in blender:

1 C Water (If the coconut oil is solid, use boiling water)

1/2 Cup Coconut oil

3 Tablespoons of real Vanilla

1 heaping Tablespoon of Lecithin

Honey, to taste

Note: I add 3/4 Cup, however you can also use any natural sweetener, like Maple syrup or stevia instead. Avoid artificial sweeteners, (like Splenda, Sweet n Low, etc.) which contain Aspartame, a known nerve toxin)

OPTIONAL: 2 TBLSP Turmeric powder, plus a TBLSP of Cinnamon, a tsp of Ginger, 1/2 tsp each of Nutmeg, Cardamom, Cloves

Blend at low speed until mixed (30 seconds or so)

With blender still running, slowly add 3 cups of almond milk for another 15 seconds or until thoroughly mixed: (*you can also use coconut milk, soy or other non dairy alternative you like*)

Refrigerate.

Shake before using.

It will get thicker as it cools.

Have fun experimenting, and adjust to YOUR taste!

* *LECITHIN is a natural emulsifier, which blends oil and water, and contains brain boosters Phosphatidyl Choline & Other Phosphatides.*

Either Soy Lecithin, or Sunflower Lecithin are available at Health Food Stores or iHerb.com.

I get my powdered Turmeric at iherb, too.

Use this discount promo code:

<https://www.iherb.com/?rcode=KID067>

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