

Healthy Non Dairy Coffee Creamer



I love the taste of most non dairy creamers (like Coffee mate), but I know the sugars they contain promote 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 wanted to find a way to include them in my regular diet without having to think about it. By making my own coffee creamer I found the perfect solution...

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



Here's my recipe (NOTE: If you are allergic to any ingredient, omit it.)

Ingredients:

Water
Coconut oil
Honey
Almond, Coconut or Soy Milk
Lecithin*
Vanilla

Spices as desired (I add Turmeric, Cinnamon, Ginger, Nutmeg, Cardamom, Cloves and a pinch of Black Pepper. 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 extract

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). . .

Then, with blender still running, slowly add 3 cups of the almond coconut or soy milk for another 15 seconds or until thoroughly mixed.

Pour into a container and **refrigerate**.

Shake before using.

It will get thicker as it cools.

It will last for a week or so in the fridge.

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.

There is a discount promo code for first timers:

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