CREAMER FLAVORS

CREAMER BASE

- 3 cups unsweetened almond milk or cashew milk
- 1 cup heavy cream or coconut cream
- ¼ tsp. pure stevia powder
- flavor of choice (see chart below)

Combine all ingredients.
Store in an airtight container in the refrigerator.

Add about up to 4 tbsp. in a carb based or neutral setting and a lot more in a fat based setting.

**NOTE:** Each tbsp. contains 1.25 grams of fat and 0 carbs.

### ALMOND COCONUT
- 1 tbsp. almond extract
- 2 tsp. coconut flavor

### CINNAMON
- 2 tsp. cinnamon flavor OR 1 tsp. ground cinnamon

### COOKIES AND CREAM
- 1 tbsp. cookies and cream flavor

### ALMOND JOY
- 1 tbsp. almond extract
- 2 tsp. coconut flavor
- 2 tsp. cocoa powder OR 1 tsp. chocolate extract

### ITALIANO SWEET CREAM
- 1 tbsp. pure vanilla extract
- 1 tsp. almond extract

### CARAMEL MACCHIATO
- 1 tbsp. caramel extract

### CINNAMON VANILLA
- 1 tbsp. pure vanilla extract
- 2 tsp. cinnamon flavor OR 1 tsp. ground cinnamon

### CARAMEL CHOCOLATE
- 1 tbsp. caramel extract
- 1 tsp. cocoa powder

### BUTTER PECAN
- 2 tsp. butter flavor
- 2 tsp. pecan flavor

### PUMPKIN SPICE
- 1 tbsp. pumpkin spice extract OR ½ tsp. pumpkin pie spice

### PEPPERMINT MOCHA
- 1 tbsp. chocolate extract OR cocoa powder
- 2 tsp. peppermint extract
- 1 tsp. coffee flavor OR 2 tsp. instant coffee granules

### PEPPERMINT
- 2 tsp. peppermint extract

### CINNAMON BUN
- 1 tbsp. pure vanilla extract
- 2 tsp. cinnamon flavor OR 1 tsp. ground cinnamon
- 1 tsp. almond extract

### CREAM BASE
- 1 tbsp. chocolate extract OR cocoa powder

### DULCE DE LECHE
- 1 tbsp. caramel extract
- 1 tsp. butterscotch flavor

### TOASTY ALMOND
- 1 tbsp. almond extract

### IRISH CREAM
- 1 tbsp. Irish cream flavor

### FRENCH VANILLA
- 1 tbsp. pure vanilla extract
- Beans from 1 vanilla pod

### VANILLA CARAMEL
- 1 tbsp. pure vanilla extract
- 1 tbsp. caramel extract

### PEANUT BUTTER CUP
- 1 tbsp. chocolate extract OR cocoa powder
- 1 tbsp. peanut butter flavor

### CINNAMON VANILLA
- 1 tbsp. pure vanilla extract
- 2 tsp. cinnamon flavor OR 1 tsp. ground cinnamon

### S'MORE
- 1 tbsp. marshmallow flavor
- 1 tbsp. chocolate extract OR cocoa powder

### CHOCOLATE HAZELNUT
- 1 tbsp. hazelnut extract
- 1 tbsp. chocolate extract OR cocoa powder

### CHEESECAKE
- 1 tbsp. caramel extract
- 1 tsp. cocoa powder

### CARAMEL DELIGHT
- 1 tsp. cheesecake flavor

### CHOCOLATE ORANGE OR RASPBERRY
- 1 tbsp. chocolate extract OR cocoa powder
- 2 tsp. orange OR raspberry extract

### VANILLA CARAMEL
- 1 tbsp. pure vanilla extract

### Mocha
- 1 tbsp. cocoa powder
- 1 tsp. coffee flavor OR 2 tsp. instant coffee granules

### COCONUT CREME
- 1 tbsp. coconut flavor

### VANILLA
- 1 tbsp. pure vanilla extract

### CINNAMON VANILLA
- 1 tbsp. pure vanilla extract

### FRENCH VANILLA
- 1 tbsp. pure vanilla extract

### VANILLA CARAMEL
- 1 tbsp. pure vanilla extract

* For creamers with cocoa powder or ground spices, you will need to either mix the ingredients in a blender or heat the milk first then stir it in.

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