



# CHRISTMAS 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 up to 4 tablespoons (¼ cup) 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.

### EGGNOG

- 1 tablespoon ground nutmeg\*
- 2 teaspoons rum flavor

### FRENCH TOAST

- 1 tablespoon pure vanilla extract
- 2 teaspoons cinnamon flavor OR 1 teaspoon ground cinnamon\*
- 2 teaspoons butter flavor
- 1 teaspoon maple flavor, optional

### GINGERBREAD

- 3 tablespoons unsulphured blackstrap molasses OR 2 teaspoon maple flavor
- 4 teaspoons cinnamon flavor OR 1 teaspoon ground cinnamon\*
- 2 teaspoons pure vanilla extract
- 2 teaspoons ground ginger\*
- ½ teaspoon ground cloves\*
- ¼ teaspoon ground nutmeg\*

### HOT COCOA

- 2 tablespoons chocolate extract OR cocoa powder\*
- 2 teaspoons pure vanilla extract
- 2 teaspoons marshmallow flavor, optional

### PEPPERMINT

- 2 teaspoons peppermint extract

### PEPPERMINT MOCHA

- 1 tablespoon chocolate extract OR cocoa powder\*
- 2 teaspoons peppermint extract
- 1 teaspoons coffee flavor OR 2 teaspoons instant coffee granules

### PUMPKIN SPICE

- 1 tablespoons pumpkin spice extract OR 1½ teaspoons pumpkin pie spice\*

### SUGAR COOKIE

- 1 tablespoon pure vanilla extract
- 2 teaspoons butter flavor
- ¼ teaspoon (8 doonks) extra THM stevia 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.