

## HANDCRAFTED COFFEE CREAMERS ~ DAIRY, GLUTEN FREE OR THE WHOLE NINE YARDS

*Handcrafted coffee creamers are a healthier option to store bought creamers, Homemade coffee creamers are preservative free, have no corn syrup, and are lower in fat and calories. Using this coffee creamer recipe allows you to make gluten free and dairy free coffee creamers, too!*



*Vanilla Bean Coffee Creamer made with Almond, Coconut and Cows Milk*

Do you take your coffee, black, with cream, flavored? I can never decide which I like better, so I go through phases, alternating taking my coffee black then flip my taste buds 360 degrees, and consume copious amounts of store-bought coffee creamers, half and half, and heavy

cream. I call these days, my “winter fattening” phase! The truth, I really like handcrafted coffee creamers and drink them year round, despite my better judgement.

I fall prey to seasonal flavors each time I pass the dairy section of my grocer! As my creamer consumption reaches peak performance over the holidays, I decided to read the back of the container this week; a whopping forty-five (45) calories per tablespoon and little to no “cream” in, creamer!

*Water, sugar, corn syrup, corn syrup solids, partially hydrogenated soybean and cottonseed oils, less than 2% of natural and artificial flavors, sodium caseinate, (a milk derivative), mono – and diglycerides, dipotassium phosphate, and carageenan;* these are the star performers of store bought coffee creamers.

The Webster dictionary defines *Creamer* as a “non-dairy substitute for cream, and with less than 2% of natural and artificial flavors, and only a milk derivative”, the definition is right on point. How can coffee creamer taste so darn good but have absolutely no nutritional value? Sometimes, ignorance is bliss!

As a matter of course, I decided to whip up my own, handcrafted coffee creamers.

**FORGOING HIGH FRUCTOSE CORN SYRUP FOR MY  
HANDCRAFTED COFFEE CREAMERS, I CHOSE TO USE**

## ORGANIC SUGAR IN THEM.

Maple syrup is a fine alternative if you prefer another option. For sugar-free, dairy and gluten-free coffee creamers, substitute almond, soy, rice or coconut milk for cow's milk, and Stevia or Splenda sweetener for sugar. Simple to make at home and delicious, the handcrafted coffee creamers are a hit!

Rich and creamy, they are all delicious and can be flavored just about any which way you like!! My favorite for Thanksgiving, Pumpkin Spice made with real cream!



Vanilla Bean Coffee Creamer - Dairy, Gluten Free or the Whole Nine Yards

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Yields 2

This recipe utilizes almond, coconut and cow's milk to create three distinctly flavored coffee creamers: Creamy Vanilla Bean made with Cow's milk, Almond Vanilla Bean made with Almond milk, and Coconut Almond Cream made with coconut milk

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For Almond Vanilla Bean

1. 2 cups almond milk
2. 1/4 cup raw sugar
3. 1/2 vanilla bean, seeds removed and added to mix
4. 1/8 teaspoon almond extract
5. 1/2 teaspoon vanilla extract

For Creamy Vanilla Bean

1. 1 cup whole or 2% milk
2. 1 cup heavy cream
3. 1/4 cup raw sugar
4. 1/2 vanilla bean, seeds removed
5. 1/8 teaspoon almond extract
6. 1/2 teaspoon vanilla extract

For Coconut Almond Cream

1. 2 cups coconut milk
2. 1/4 cup raw sugar
3. 1/2 vanilla bean, seeds removed
4. 1/8 teaspoon almond extract

5. 1/2 teaspoon vanilla extract

#### Instructions

1. Whisk almond milk, sugar, vanilla seeds and pods together in a medium saucepan
2. Cook until milk begins to steam, remove from heat
3. add extracts, whisk to combine
4. Remove vanilla pods and discard
5. Refrigerate in a glass jar with tight fitting lid for up to 10 days

#### Notes

1. Creamer can also be made with rice or soy milk. Splenda, or Stevia can be substituted for the sugar

#### Optional

1. Spiked creamer, add Bailey's Irish Cream or Kahlua
2. Chocolate mint creamer add, 2 tablespoons powdered cocoa, 1 teaspoon peppermint extract and Creme de Menthe

By Rebecka Evans

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*Handcrafted Pumpkin Spice Coffee Creamer*



Pumpkin Spice Coffee Creamer with Dairy Free and Gluten Free Options

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Ingredients

1. 1 cup whole milk
2. 1 cup heavy cream
3. 3 tablespoons can pumpkin

4. 1 teaspoon pumpkin spice
5. 1/4 cup raw sugar
6. 1/2 teaspoon vanilla extract

#### Instructions

1. Whisk milk, sugar, pumpkin, and spice in a medium saucepan
2. Cook over medium heat until milk begins to steam, remove from heat
3. Add vanilla, whisk to combine
4. Refrigerate in a glass jar with tight fitting lid for up to 10 days

#### Notes

1. Creamer can also be made with rice or soy milk. Splenda, or Stevia can be substituted for the sugar

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