

# Peppermint Mocha Coffee Creamer

makes 2 cups

total time 5 minutes

Embrace the season and your wellbeing with this delicious coffee creamer free of thickeners, preservatives and cane sugar.

## ingredients

1 can full fat coconut milk  
2 tbsp cacao powder  
1 tbsp MCT oil (or other neutral tasting oil, no vegetable oil please)  
4 dates, pitted and soaked in warm water  
½ tsp peppermint extract or 1 drop of peppermint essential oil  
dash of salt

## instructions

1. Place all ingredients in a high speed blender and blend on high for 30 seconds.
2. Taste a little bit. If you like it super minty, add another 1/2 tsp of peppermint extract or drop of oil.
3. Add to all your favorite hot bevvies!

## notes

- There is A LOT of controversy about ingesting essential oils so do your research and do what feels best for you. If you do decide to ingest them, make sure you trust the quality.
- Don't skip the MCT oil - it helps emulsify the coconut milk so that it doesn't separate and get hard in the fridge.
- Coconut consistencies vary wildly between brands and even within brands! Using full fat coconut milk yields a very thick creamer, but a light coconut milk will give you a more pourable consistency. You can use other non-dairy milks, but it might not be as creamy as the coconut.
- Bulletproof is my favorite brand of MCT oil for the quality and price.

