

Pumpkin Spice Coffee Creamer

total time 5 minutes

makes 2 cups

A way healthier alternative to Pumpkin Spice Lattes and the coffee creamers you'll find at the store.

ingredients

1 can full fat coconut milk
1 tbsp MCT oil (or other neutral flavored oil - no vegetable oil please)
3-5 dates, pitted and soaked in warm water
1 tsp pumpkin spice
1 tsp vanilla extract
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. Add 1 or 2 more dates if you prefer a sweeter creamer
3. Add to all your favorite hot bevies!

notes

* Don't skip the oil - it helps emulsify the coconut milk so that it doesn't separate and get hard in the fridge.

* Different brands of coconut milk will have different consistencies. I've found Whole Foods 365 brand to have the perfect consistency. Trader Joe's was too thick. You can use whatever milk you'd like, but it might not be as creamy as the coconut.

* My favorite MCT oil is XCT Oil by Bulletproof.

