

Dairy-Free Coffee Creamers



It's no secret, in the midst of our busiest days, we've all reached for those horrible sweetened coffee creamers. Many have described this as a "guilty pleasure".

We've come up with 3 alternatives that are fast, simple, wonderfully tasty and creamy. Enjoy your morning up of coffee without the guilt ☐

Vanilla Almond Coffee Creamer

Ingredients:

- 1 cup almonds (soaked for 12-24 hours for max health benefits)
- 2 1/2 cups water
- 6 large dates (will vary depending on how sweet you like it)
- 1/4 tsp vanilla powder
- 1 tbsp liquid coconut oil (NOT coconut oil melted)

Directions:

Place all ingredients in a high speed blender. Blend vigorously until smooth.

Pour mixture through a nut milk bag or cheese cloth. Squeeze as much of the liquid out as possible. Discard pulp (or put in the freezer and save it for another recipe).

Use in coffee or tea as desired. If it happens separate, its still good, just give it quick stir.

Can be stored in the fridge for 4-5 days.

Vanilla Cashew Coffee Creamer

Ingredients:

- 1/2 cup raw, unsalted cashews
- 1 3/4 cup water
- 4 large dates
- 1/4 tsp vanilla powder
- 1/2 tbsp liquid coconut oil

Directions:

Place all ingredients in a high speed blender. Blend vigorously until smooth.

Pour mixture through a nut milk bag or cheese cloth (although this creamer is much different than the almond recipe, and can easily be enjoyed without straining it at all!). Squeeze as much of the liquid out as possible. Discard pulp.

Use in coffee or tea as desired. If it happens separate, its still good, just give it quick stir.

Can be stored in the fridge for 4-5 days.

Vanilla Pecan Coffee Creamer

Ingredients:

- 1/2 cup pecans
- 2 cups water
- 4 large dates
- 1/4 tsp vanilla powder
- 1/2 tbsp liquid coconut oil

Directions:

Place all ingredients in a high speed blender. Blend vigorously until smooth.

Pour mixture through a nut milk bag or cheese cloth (although this creamer is much different than the almond recipe, and can easily be enjoyed without straining it at all!). Squeeze as much of the liquid out as possible. Discard pulp.

Use in coffee or tea as desired. If it happens separate, its still good, just give it quick stir.

Can be stored in the fridge for 4-5 days.

Feel Free to play around with these base recipes until you find what you enjoy.