

Creamer Flavors

Irish: cocoa, vanilla extract, almond extract

CocoMint: cocoa, peppermint extract; *I add in pinch of sea salt*

CocoOrange: cocoa, orange extract

PumpkinSpice: pumpkin pie spice, vanilla extract

SeaSaltCaramelMocha: sea salt, cocoa, pat of butter, dash coconut sugar, vanilla extract

Eggnog: vanilla, rum/rum extract, nutmeg

AlmondJoy: cocoa, almond extract, coconut extract

Strudel: cinnamon, vanilla, almond extract

Cinnamon Dulce: cinnamon, nutmeg, vanilla extract

when I choose to add sugar to my flavors, I add a dash of coconut sugar

I actually have a measuring spoon set = pinch, smidgen, dash

a dash ≈ 1/8 tsp; so ~ half of a 1/4 tsp would appx = 'dash'

so, it takes 8 days to actually consume full tsp

of sugar → 4.2g of sugar/wk

0.53 g sugar/coffee

In my OCD workings -- seeking ease/efficiency: I transfer my extracts into dripper bottles:
way faster to add to milk & less waste actually



Nut Milks, I prefer = **Elmhurst**: <https://elmhurst1925.com/>

watch the labels -- one line only has two ingredients (nuts/water); the barista series has 5-6 ingredients to incl added sugars...



VS

