

# What do I Put in my Coffee???

The following are FIT-suggested ideas for enjoying your cup o' joe...

## Coffee Variations:

- The quality of the coffee itself matters more when you're not adding lots of flavors and sweeteners. Maybe try going for a lighter roast of coffee and use half and half or heavy cream, not milk.
- Mix in coconut milk. If you put it in the fridge, the top of it thickens and makes a fabulous cream.
- Add a teaspoon of coconut oil and a splash of pure maple syrup with your coffee in a blender for 15 seconds. The blending process makes it creamy.
- Half and half with a tablespoon of maple syrup and teaspoon of vanilla extract
- Half and half with honey
- Half and half with unsweetened vanilla almond milk
- Use flavored coffee
- Honey, milk, and almond or vanilla extract
- Heavy whipping cream or half and half with coconut sugar and cinnamon

## Coffee Recipes:

### Bulletproof Coffee:

A cup of good quality coffee

1 tsp grassfed butter

1 tsp coconut oil

Honey and cinnamon to taste

Blend hot coffee, along with butter and oil, in blender until frothy. Pour back into coffee cup and add honey and cinnamon. Enjoy!

### Maple-Vanilla Coffee Creamer:

1/3 cup whole milk

2 tsp butter

1 - 2 tbsp. maple syrup

1 tsp vanilla extract

dash of salt

Combine ingredients into a blender

Add 12 oz coffee

Blend and serve

Notes:

The whole milk and butter mixture essentially make a half and half consistency, but with ingredients that you normally have on hand.

This creamer goes great with homemade coffee grounds: Brew up 3 TBSP of coffee grounds with 12 oz of water and add 1/4 tsp to 1 TBSP of any mixture of spices: Unsweetened Cocoa Powder, Cinnamon, All Spice, Peppermint Extract, Orange Peel, Pumpkin Pie Spice, etc.

### **Nourishing Hot Chocolate with Superfoods:**

2 cups whole organic milk

2-3 tbsp raw cacao powder

1-2 tbsp coconut sugar or other

quality sweetener

2 tsp vanilla extract

2 tbsp non-gelling grass fed gelatin (optional)

1 tbsp maca powder (optional)

Heat the milk on the stovetop in a small saucepan.

Whisk in cacao powder and sugar.

Add vanilla.

Whisk in gelatin and maca (optional)

Serve in a mug and enjoy!

### **Paleo Pumpkin Spice Latte:**

1 cup unsweetened coconut milk

1 cup strong, brewed coffee, cooled

1/3 cup organic pumpkin puree

6-8 T. coconut sugar

Pinch of salt

Cinnamon, to taste

Nutmeg, to taste

Optional: whipped coconut cream, for garnish

For the unsweetened coconut milk, scoop the solids off the top of the can before measuring out a cup of the remaining liquid. Use the solids to whip with a little extra coconut sugar for the topping, if desired.

In a blender, combine the cup of coconut milk with the coffee, pumpkin puree, coconut sugar, salt, cinnamon, and nutmeg. Blend until smooth. Taste and adjust the seasonings, as needed.

Fill two tall glasses about 2/3 of the way with ice cubes. Pour half the mixture into each glass. Garnish with whipped coconut cream and a sprinkle of cinnamon, if desired. Serve immediately.

Note: If you want to serve this hot, just place the blended liquid into microwave-safe mugs and microwave until hot.

**Pumpkin Spice Coffee Creamer:**

2 cups half and half

2 tsp. pumpkin pie spice

1 tsp. pure vanilla extract

4 T. maple syrup

1 T. pumpkin puree (optional)

Mix ingredients together and add as needed to coffee

**Vanilla Coffee Creamer:**

1 cup milk

1 cup cream

4 Tbsp pure or raw honey

1 Tbsp vanilla extract