

Coffee Creamer

THM-Friendly: FP up to 2 Tbsp.

- 2 Tbsp. butter
- 1/2 cup heavy cream
- 2 Tbsp. THM [Super Sweet](#)

- 1 cup unsweetened nut milk
- 1/4 tsp. sunflower lecithin
- 1/4 cup THM [Pristine Whey Protein](#)
- 4 droppers full plain SweetLeaf Stevia (You can also use Super Sweet or [Gentle Sweet](#) or a little bit of stevia.)

In a medium frying pan or sautee pan, melt **butter, heavy cream, and THM Super Sweet** together. Bring to a boil over medium heat and then reduce temperature to low. Let simmer for approximately 10 minutes until reduced.

You will know it is done when (1) it turns to a slight yellow, (2) coats a spoon and sticks and (3) tastes just like sweetened condensed milk... 'cause that's what it is, after all.

Add to your blender with all the other ingredients. Blend for about 30 seconds.

Important: Do NOT blend longer than 30 seconds, or you can end up with pudding-like creamer!

More than 2 Tbsp. will be an S. You can use this base recipe to make other flavors on my website.

enJOY!

