

Pumpkin Cream Dalgona

THM-Friendly: S

2 Servings

Fun Fact from follower Tracey:

Dalgona coffee is a beverage made by whipping equal parts instant coffee powder, sugar, and hot water until it becomes creamy and then adding it to cold or hot milk...

The name is derived from dalgona, a Korean sugar sweet, due to the resemblance in taste and appearance, though most dalgona coffee doesn't actually contain dalgona.

See https://en.wikipedia.org/wiki/Dalgona_coffee for more information.

Dalgona Whipped Coffee:

- 4 Tbsp. boiling water
- 4 Tbsp. instant coffee
- 2 Tbsp. THM [Gentle Sweet](#) (or favorite powdered healthy sweetener)

Put all of the above in a mixing bowl and whip up with a hand mixer until light and super fluffy, almost resembling whipped cream.

Pumpkin Cream Topping:

- 1.5 tsp. THM [Just Gelatin](#)
- 4 Tbsp. COLD water
- 3 Tbsp. light cream (aka half & half)
- 4 Tbsp. pure pumpkin puree
- 1 Tbsp. THM Gentle Sweet
- a sprinkle of [cinnamon](#)

Sprinkle the gelatin in the cold water and let sit for a few minutes until you have a thick gel. Add cream, pumpkin, sweetener, and cinnamon. Mix well.

Put ice in a tall glass or jar. Pour in 8-10 ounces of cold unsweetened nut milk. (If you like things on the sweeter side, you can add a little sweetener to the nut milk. Spoon the whipped coffee on top of the nut milk. Top with the pumpkin cream.

Take pictures for your Instagram and then gently stir to combine layers.

enJOY!!



<https://www.joyfullifewithkj.com/coffee-concoctions/pumpkin-cream-dalgona-coffee>

