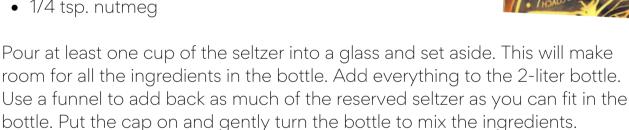
Mama Pepper!

THM-Friendly: FP

In my pre-THM days I LOVED Dr. Pepper. Like guzzle love. It was the second love of my life, next to Diet Coke. Oh, well, maybe third...husband is first place, I suppose.

Don't be intimidated by the amount of ingredients. YES, it's a lot. But make it in a 2-liter bottle and it won't be so overwhelming. You'll have enough to last more than just one glass.

- 2-liter bottle of plain seltzer
- 10 full droppers of SweetLeaf cola-flavored liquid stevia*
- 1/2 tsp. <u>almond extract</u>
- 1/2 tsp. caramel extract
- 11/4 tsp. <u>cherry extract</u>
- 1/2 tsp. <u>lemon extract</u>
- 11/4 tsp. <u>orange extract</u>
- 11/4 tsp. root beer extract
- 1/2 tsp. <u>rum extract</u>
- 1/2 tsp. <u>raspberry extract</u> (any berry will do)
- 5 tsp. <u>vanilla extract</u>**
- 5 Tbsp. ginger juice
- 1 and 1/4 tsp. lemon juice
- 1/2 tsp. <u>blackstrap molasses</u>
- 1/4 tsp. nutmeg



- * If you choose to use regular powdered stevia and a cola extract instead of the cola-flavored stevia drops, be warned, it will foam up everywhere in the seltzer.
- ** If you use a clear vanilla and a light root beer extract, your Mama Pepper will not be cola colored. It will still taste the same though!

enJoy!





