

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. almond extract
- 1/2 tsp. caramel extract
- 1 1/4 tsp. cherry extract
- 1/2 tsp. lemon extract
- 1 1/4 tsp. orange extract
- 1 1/4 tsp. root beer extract
- 1/2 tsp. rum extract
- 1/2 tsp. raspberry extract (any berry will do)
- 5 tsp. vanilla extract**
- 5 Tbsp. ginger juice
- 1 and 1/4 tsp. lemon juice
- 1/2 tsp. blackstrap molasses
- 1/4 tsp. nutmeg



Pour at least one cup of the seltzer into a glass and set aside. This will make room for all the ingredients in the bottle. Add everything to the 2-liter bottle. Use a funnel to add back as much of the reserved seltzer as you can fit in the bottle. Put the cap on and gently turn the bottle to mix the ingredients.

* 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!



<https://www.joyfullifewithkj.com/drinks-and-shakes/mama-pepper>

