

# One Plop Creamer Drop

THM-Friendly: FP and Dairy Free

In a medium mixing bowl or batter bowl, whisk together:

- 2 cups of room temp/warm water.
- 3 Tbsp. MCT oil (while MCT oil is more thermogenic and the preferred option, 1 1/2 Tbsp. of melted coconut oil can be substituted if necessary)
- 3 Tbsp. low glycemic sweetener (I used THM Super Sweet) (This will be mildly sweet; add more if desired.)
- 1 Tbsp. sunflower lecithin

Once they are combined well, whisk in quickly:

- 10 Tbsp. gelatin (I used THM Just Gelatin) Another alternative is NuNaturals Unflavored Beef Gelatin Powder.

Whisk briskly to avoid any lumps. (A frother or stick blender works well.) Quickly pour into small disc molds. If you don't have any, you can use [this link](#). If the mixture firms up before you can get them poured, just warm it in the microwave and stir, just until liquid again.

Refrigerate for about an hour and then pop them out into a flat (covered) container. Keep them in the refrigerator (or if you think you won't use them very fast, you can freeze them. Be aware that if you choose to freeze them, you need to use that disc immediately because they don't thaw nicely.) Just plop them in your hot coffee or tea and froth away.

If you want to make a caramel vanilla version, add 1-2 Tbsp. caramel extract and 1-2 Tbsp. vanilla extract. (Don't reduce the water amount.)

You can use one "disc" for a sipper or use two for a FP snack or addition to a meal. These could be added to your Shrinker, too! Makes about 22-25 "drops" depending on the size of your molds. You could also pour the mixture into a pan and then cut them in squares after they're firm.

enJOY!

