

# Autumn Spice Coffee Creamer

*THM-Friendly FP, Low-fat, Sugar-free*

## Ingredients:

- 3/4 c. Half n half
- 1/4 tsp. Stevia extract
- 1/4 tsp. cloves and nutmeg
- 1 tsp. Cinnamon
- 1/2 tsp. Vanilla

## Directions:

1. Put all of the ingredients in a mason jar, stir it up, and store it in the fridge.
2. When you're ready to use it just put 1 1/2 tbs. in your coffee mug then fill it the rest of the way with your favorite coffee!

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