

Health-ier Recipe of the Week

Use Organic ingredients whenever possible.

Homemade Snickerdoodle Coffee Creamer

From www.foodiewithfamily.com

While we certainly can't say coffee creamer is healthy, this is a much healthier version than what you can buy in the store. If you like to use creamer in your coffee, this is a quick and easy way to make it at home.

1 can (14 ounces) sweetened condensed milk (Whole Foods does carry an organic brand)

1 ½ cups milk (whole, half and half, or non-dairy of any variety, such as coconut milk)

1 Tbsp pure vanilla extract

1 tsp ground cinnamon

1. Whisk all ingredients for 1 minute or until everything is evenly combined and the cinnamon is clump-free and flecked throughout the mixture. Pour into a jar with a tight fitting lid and store in the refrigerator marked with the expiration date of the milk that went into the mixture. Add to coffee or tea.