

# Sugar Free Coffee Creamer

8 SERVINGS 5 MINUTES



## INGREDIENTS

- 1 cup Hot Water
- 4 Scoops Collagen (½ Cup)
- 3 Scoops Pristine Whey Protein Powder  
(Or Your Favorite Protein Powder) (¾ Cup  
)
- ¼ cup Gentle Sweet (or my Low Carb  
Powdered Sugar)
- 2 tbsps Mct Oil
- 1 tbsp Vanilla

## DIRECTIONS

- 01 Pour hot water into a blender. (Please carefully follow your manufacturer's instructions for blending hot liquids.)
- 02 Add all other ingredients to blender and blend well, for about 10 seconds.