

So What Can I Put In My Coffee??!

Here are the best options:

1. Native Forest - SIMPLE
Canned Coconut Milk



2. MALK – Unsweetened
Almond or Cashew Milk



3. Homemade Nut Milk
-there are many recipes on-line
on how to do this

4. Sweetener?
ONLY RAW HONEY

The key is to find products that have nothing added to them: no sweeteners, guar or xanthan gum, carrageenan. The only ingredients should be REAL food: nuts, salt, water