



Flavoured Coffee

Servings per recipe: 1

Counts as a free food unless you add the Tbsp of milk

Ingredients

- 8-12 oz hot water
- 1 heaping tsp instant coffee
- 1 flavoured tea bag (mint, spice, raspberry, orange etc.)
- 1 packet calorie free natural sweetener (Stevia & Xylitol)
- 1 Tbsp milk (only 1 serving a day)

Directions

- Place hot water in cup,
- steep tea bag for 3 minutes.
- Discard tea bag.
- Stir in coffee.
- Add sweetener and milk (optional).



Savour the flavours and enjoy!