

Healthy Coffee Additives Guide

Spices

Add natural spices to your coffee for flavor and potential health benefits, without adding calories.

Spice	Flavor Profile	Health Benefits	How to Use
Cinnamon	Sweet, warm	May regulate blood sugar levels and boost metabolism	Sprinkle a dash on top or stir into coffee
Nutmeg	Nutty, sweet	Supports digestion and provides antioxidants	Add a pinch for a cozy, aromatic taste
Cardamom	Spicy, slightly sweet	May aid digestion and reduce inflammation	Mix a small amount into your coffee grounds
Ginger	Spicy, slightly sweet	Anti-inflammatory and may enhance immunity	Add fresh slices or a pinch of ground ginger
Vanilla Extract	Sweet, fragrant	Adds flavor with minimal calories	Add a few drops to brewed coffee

Plant-Based Milks

Swap out traditional creamers for these lower-calorie, nutrient-rich alternatives.

Plant-Based Milk	Calories (per 8 oz)	Flavor Profile	Best Pairings
Almond Milk	30-40	Light, nutty	Black coffee, lattes
Oat Milk	90-120	Creamy, slightly sweet	Iced coffee, cappuccinos
Soy Milk	80-100	Creamy, neutral	Hot coffee, flavored lattes
Coconut Milk	45-60	Sweet, tropical	Cold brew, iced coffee
Cashew Milk	25-50	Rich, creamy	Espresso drinks, mochas

Natural Sweeteners

Skip the sugar and try these low-calorie or calorie-free options for sweetness.

Sweetener	Calories (per tsp)	Taste	How to Use
Stevia	0	Very sweet, slightly bitter	Use sparingly, as it's much sweeter than sugar
Monk Fruit Sweetener	0	Sweet, no aftertaste	Substitute 1:1 for sugar
Erythritol	0-2	Sweet, cooling effect	Great for baking-style coffee drinks
Honey	20-25	Rich, floral	Use in small amounts for natural sweetness
Maple Syrup	50-55	Sweet, caramel-like	Perfect for fall-inspired coffee blends

Tips for Healthy Coffee

- **DIY Coffee Creamer:** Blend unsweetened almond milk with a dash of cinnamon and vanilla extract for a low-calorie creamer.
 - **Froth It Up:** Use a milk frother to create creamy, indulgent textures without added calories.
 - **Control Portions:** Even healthy additives can add up, so measure carefully.
 - **Experiment:** Mix and match additives to create your personalized healthy coffee recipe.
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