

# COFFEE O'CLOCK

## Make Coffee Tasty and Healthy!



Coffee can fit into a healthy diet, but we often add things to it that makes it less healthy. Read the tips below to find out how to drink tasty and healthy coffee at home or at a coffee shop.

### Tasty Tips For Flavor

Add rich flavors to your coffee without added sugars. Added sugar does not provide our bodies with what it needs to be healthy. Below are ideas to give your coffee flavor with an added health boost.

Add a pinch of **cinnamon**, **cardamom** or **nutmeg** in your cup

Add 1/4 tsp of **vanilla extract**

Add **unsweetened cocoa powder**

Add **cloves** to your coffee grounds and brew

If you own a coffee grinder, **grind your beans with hazelnut** and let sit for two days in a tightly sealed jar for homemade flavoring.

Add a small amount of **honey** to sweeten

### Tips For Healthy Coffee

The ideas below help to keep your coffee healthy. Try to limit the extra sugars and cream to a once in a while treat.

**Order a small size** or save half of your cup for later on in the day.

**Try different milks!** Instead of whole milk or cream try using skim, coconut, soy, oat, or almond milk. Choose unsweetened or plain options.

**Save the whipped cream for special occasions!** Whipped cream on top of coffee drinks turns the drink into a dessert. Save whipped cream for a once in a while treat.

**Cut back on flavor pumps.** Flavor syrups or pumps used in coffee shops are high in sugar and hard to measure. Try cutting down on the amount that is added to your drink. Instead, try one of the Tasty Tips For Flavor.

## \$ Money-Saving Tips \$



**Make coffee at home!** Save money by making your own coffee at home and use some of the tasty flavor tips listed above for a healthier brew.



### Better Buy!

Coffee Grounds 3.5 lbs  
Unit Price .75 per lb  
Total Price \$2.63

**Look at the unit price to find the best buy.** A unit price tells you how much a food costs per ounce or per pound. You can use the unit price to compare the cost on different coffee brands and package sizes.

### More \$\$ per lb ✗

Coffee Grounds 3.0 lbs  
Unit Price .88 per lb  
Total Price \$2.63



The average cup of coffee costs \$2.70. You save yourself an average of \$18.90 a week and \$81.00 a month by making your own coffee!

