

# Good to Eat

Enjoy our series of quick, easy and delicious recipes to help you live the low carbohydrate lifestyle.

## Coffee and Cream

### Ingredients

*1 cup of coffee to taste*

*1tbs of full fat dollop cream*

*NOTE: You can also use Chai tea if you are not a coffee person.*

### Method

1. Add cream to coffee.
2. Drink :)

Preparation Time: 2 minutes

Cooking Time: 2 minutes

Serves 1



For more recipes and information on living the low carbohydrate lifestyle find us at:

[www.goodtoeat.com.au](http://www.goodtoeat.com.au)