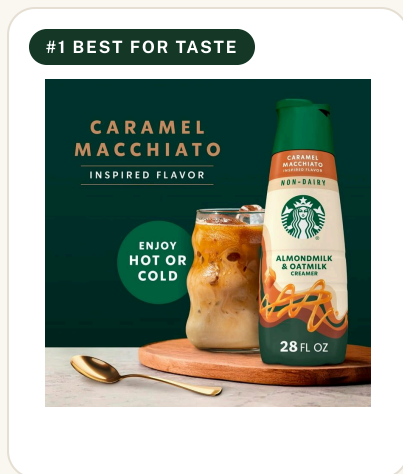


A FREE GUIDE FROM UVEGAN.ORG

# The Best Vegan Coffee Creamer.

Ten dairy-free creamers worth getting excited about, from the best-tasting coffee-shop flavors to clean unsweetened picks, with the full label.



OAT · ALMOND · COCONUT · PEA · UNSWEETENED · FLAVORED

START HERE

# How to choose

Coffee is where a lot of people fall in love with going dairy-free, because the creamer shelf has become genuinely exciting. You can pour a coffee-shop Caramel Macchiato at home, keep a clean unsweetened bottle for every day, or reach for a functional coconut creamer with a little something extra, all without a drop of dairy.

This guide picks ten worth buying and tells you the truth about each: what it is made from, how it tastes, how it performs in a hot cup, and what is on the label. The big fork is taste versus everyday: the flavored bottles (led by Starbucks) turn an ordinary cup into a treat, while the unsweetened picks (Nutpods, Laird) give you rich body with no sugar. We sorted them by base and by job, because oat, almond-coconut, coconut, and pea each pour and froth differently. Nothing here is sponsored, and every number is from the current label. It pairs with the best vegan milk guide at [uvegan.org](http://uvegan.org).

Shopping around an allergy? Start with these, free of the allergen by recipe. On shared-facility lines, confirm the mark on the specific carton you buy.

## GLUTEN-FREE PICKS

**nutpods Original Unsweetened Creamer · Califia Farms Unsweetened Better Half · Chobani Oat Coffee Creamer · nutpods Half & Half (Unsweetened) · Laird Superfood Unsweetened Superfood Creamer · Ripple Half & Half · So Delicious Coconutmilk Creamer Original**

## SOY-FREE PICKS

**Starbucks Caramel Macchiato Non-Dairy Creamer · nutpods Original Unsweetened Creamer · Chobani Oat Coffee Creamer · nutpods Half & Half (Unsweetened) · Laird Superfood Unsweetened Superfood Creamer · Ripple Half & Half · Silk Oat Yeah Oatmilk Creamer · Coffee Mate Natural Bliss Oat Milk Creamer · So Delicious Coconutmilk Creamer Original**

On every product page: **Vegan** **Gluten-Free** **Soy-Free** **High Protein** **Non-GMO** — plus the full Nutrition Facts label, allergens, and where to buy.

*Prices and stock vary by region and change often; confirm allergens and nutrition on the package before buying. Nothing*

# The buyer's guide

Five quick rules for matching a milk to the way you actually drink and cook.

- 1 Pick your base, because it sets the feel.** Oat is creamy and sweet and froths best, the closest to a dairy latte. Almond-and-coconut blends (Nutpods, Califia Better Half) pour rich and clean. Straight coconut (Laird, So Delicious) is the richest and most dessert-like. Pea (Ripple) is the allergy-friendly one with real body.
- 2 You pick the sweetness.** The unsweetened creamers, like Nutpods and Laird, give you rich body with no added sugar, the smart everyday default. The flavored bottles, led by the Starbucks coffee-shop lineup, are dessert in a pour, and that is exactly the point. Keep one of each: unsweetened for daily coffee, a flavored one for a treat.
- 3 For coffee-shop flavor, go Starbucks; for froth, go oat barista.** The Starbucks creamers nail the cafe flavors (Caramel Macchiato, Lavender Latte, Hazelnut). For a thick, foamy latte at home, reach for an oat blend with an acidity regulator, which steams into stable microfoam.
- 4 Read three lines on the label: added sugar, the oil, and the serving size.** The serving is usually a stingy one tablespoon, so double it to see your real pour. The fat is coconut, sunflower, or rapeseed oil, fine in coffee-sized amounts, and the gums and dipotassium phosphate are harmless: they keep the creamer from curdling.
- 5 The cheapest good creamer is homemade.** Blend soaked cashews or canned coconut milk with a little vanilla and maple, keep it in a jar, and shake before pouring. No gums, no stabilizers, and it beats most cartons on taste.

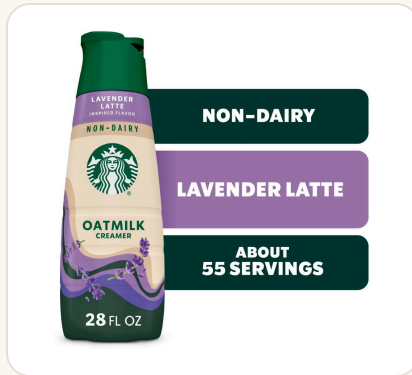
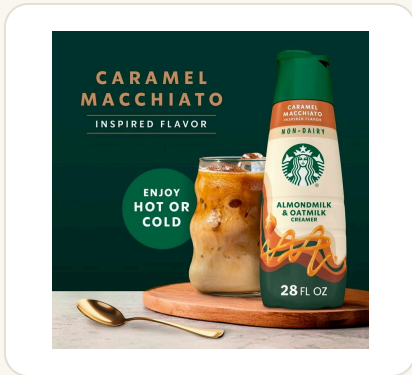
# 1

STARBUCKS

# Caramel Macchiato Non-Dairy Creamer

BEST FOR TASTE

The coffee-shop flavors you love, at home: Caramel Macchiato, Lavender Latte, and more, and the best-tasting creamer in the case.



In this line: Caramel Macchiato · Lavender Latte · Hazelnut Latte · Sugar Cookie Latte · Brown Sugar Shaken Espresso · Maple Pecan Latte · Horchata

Vegan Soy-Free

If taste is what you are after, nothing beats the Starbucks lineup. These almondmilk-and-oatmilk creamers bottle the exact flavors people line up for, led by the rich, buttery Caramel Macchiato and the floral Lavender Latte, with a deep bench behind them: Hazelnut Latte, Sugar Cookie Latte, Brown Sugar Shaken Espresso, Maple Pecan Latte, and Horchata. They are unmistakably sweet and indulgent, built to turn a regular cup into a coffee-shop drink. If your goal is the most delicious dairy-free coffee you can pour at home, this is where you start.

MADE FROM almond and oat

WHAT'S IN IT Almondmilk (water, almonds), oatmilk (water, oat flour), sugar, coconut oil, pea protein, potassium citrate, baking soda, natural flavor, gellan gum, guar gum.

ALLERGENS Contains almonds (tree nuts) and oats. Soy-free.

WHERE TO BUY Walmart · Target · Kroger · Publix · Amazon · About \$4 to \$5 per 28 fl oz bottle.

## NUTRITION FACTS

Nutrition Facts	
Serving size	1 tbsp (15 mL)
Amount per serving	
<b>Calories</b>	<b>30</b>
	% Daily Value*
<b>Total Fat</b> 1g	1%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 20mg	1%
<b>Total Carbohydrate</b> 5g	2%
Dietary Fiber 0g	0%
Total Sugars 5g	
Includes 5g Added Sugars	10%
<b>Protein</b> 0g	0%

\* The % Daily Value (DV) tells you how much a nutrient in a serving contributes to a daily diet. 2,000 calories a day is used for general nutrition advice. Figures are for the core product; flavors & formats vary – confirm on the package.

# 2

NUTPODS

# Original Unsweetened Creamer

BEST UNSWEETENED

The unsweetened benchmark: an almond-and-coconut blend that drinks rich with zero sugar.



In this line: Original · French Vanilla · Caramel · Hazelnut · Sweet Cream (lightly sweetened)

- Vegan
- Gluten-Free
- Soy-Free
- Non-GMO

If you want one everyday creamer, make it this. Nutpods blends coconut cream and almonds into a creamer that pours genuinely rich while carrying no sugar at all, which is why it is the default for anyone watching sugar or doing Whole30 or keto. It is shelf-stable until opened, comes in plain plus flavors (French Vanilla, Caramel, Hazelnut) that are still unsweetened, and froths lightly. The body is real coconut fat, and the flavors stay unsweetened too, so you get the taste without the sugar.

MADE FROM almond and coconut

WHAT'S IN IT Water, coconut cream, almonds, acacia gum, dipotassium phosphate, sunflower lecithin, sea salt, gellan gum.

ALLERGENS Contains almonds and coconut (tree nuts). Gluten-free, soy-free, no added sugar.

WHERE TO BUY Target · Walmart · Kroger · Whole Foods · Amazon · About \$4 to \$5 per 11.2 oz

### NUTRITION FACTS

Nutrition Facts	
Serving size	1 tbsp (15 mL)
Amount per serving	
<b>Calories</b>	<b>10</b>
	% Daily Value*
<b>Total Fat</b> 1g	1%
Saturated Fat 1g	5%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 0mg	0%
<b>Total Carbohydrate</b> 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
<b>Protein</b> 0g	0%

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# 3

CALIFIA FARMS

# Unsweetened Better Half

BEST HALF-AND-HALF

A dairy half-and-half substitute from almond milk and coconut cream: rich body, no sugar.



In this line: Unsweetened · Original (lightly sweetened) · Vanilla · Oat-based Better Half

- Vegan
- Gluten-Free
- Soy-Free
- Non-GMO

Better Half is built to do exactly what dairy half-and-half does: add body and a creamy mouthfeel without taking over the flavor. It blends almond milk with coconut cream, stays unsweetened in the plain version, and pours thicker than a standard plant milk, which makes it a great everyday coffee creamer for people who find straight plant milk too thin. There are sweetened and vanilla versions if you want them, plus an oat-based line, so you can dial in exactly the richness and sweetness you like.

MADE FROM  
almond and coconut cream

WHAT'S IN IT  
Almondmilk (water, almonds), coconut cream, contains 2% or less of: sunflower lecithin, sea salt, gellan gum, natural flavors.

ALLERGENS  
**Contains almonds and coconut (tree nuts). Gluten-free, soy-free.**

WHERE TO BUY  
Target · Kroger · Whole Foods · Sprouts · Amazon · **About \$4 to \$5 per 16.9 oz bottle**

## NUTRITION FACTS

Nutrition Facts	
Serving size	1 tbsp (15 mL)
Amount per serving	
<b>Calories</b>	<b>15</b>
	% Daily Value*
<b>Total Fat</b> 1.5g	<b>2%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 5mg	<b>0%</b>
<b>Total Carbohydrate</b> 0g	<b>0%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 0g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 0g	<b>0%</b>

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CHOBANI

# Oat Coffee Creamer

BEST WIDELY AVAILABLE

Smooth, lightly sweet oat creamer that is now stocked in nearly every grocery store.



In this line: Plain · Vanilla · Caramel · Sweet Cream

- Vegan
- Gluten-Free
- Soy-Free
- Non-GMO

Chobani's oat creamer is the easy mainstream pick: a smooth, oat-based coffee creamer with a gentle sweetness that blends cleanly into coffee. It is certified gluten-free, nut-free, and soy-free, which makes it friendly for a lot of households, comes in Vanilla, Caramel, and Sweet Cream alongside the plain, and is usually right there next to the dairy creamers at a fair price. Lightly sweet and smooth, it is the easy one to grab when you want your coffee to taste like a treat.

MADE FROM  
oat

WHAT'S IN IT  
Oat blend (water, whole grain oats), cane sugar, rapeseed oil, contains 2% or less of: natural flavors, sea salt, calcium carbonate, gellan gum, dipotassium phosphate.

ALLERGENS  
**Contains oats. Certified gluten-free, nut-free, soy-free.**

WHERE TO BUY  
Walmart · Target · Kroger · Publix · Whole Foods · **About \$4 to \$5 per 24 oz. Often the cheapest oat creamer in the case.**

## NUTRITION FACTS

Nutrition Facts	
Serving size	1 tbsp (15 mL)
Amount per serving	
<b>Calories</b>	<b>25</b>
	% Daily Value*
<b>Total Fat</b> 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 10mg	0%
<b>Total Carbohydrate</b> 4g	1%
Dietary Fiber 0g	0%
Total Sugars 4g	
Includes 4g Added Sugars	8%
<b>Protein</b> 0g	0%

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5

NUTPODS

# Half & Half (Unsweetened)

BEST RICH AND UNSWEETENED

*Nutpods at its richest: a thick, unsweetened half-and-half with no sugar and serious body.*



In this line: Unsweetened Half & Half

- Vegan
- Gluten-Free
- Soy-Free
- Non-GMO

When the Original creamer is not quite rich enough, this is the answer. Nutpods Half & Half pours thicker and creamier, the coconut-and-almond version of dairy half-and-half, and it does it with zero added sugar. It is the unsweetened pick for anyone who likes a substantial, full-bodied cup without the sweetness, and it shines in tea and matcha too. Same clean label as the Original, just more of the good stuff.

MADE FROM  
almond and coconut

WHAT'S IN IT  
Water, coconut cream, almonds, acacia gum, dipotassium phosphate, sunflower lecithin, sea salt, gellan gum.

ALLERGENS  
**Contains almonds and coconut (tree nuts). Gluten-free, soy-free, no added sugar.**

## NUTRITION FACTS

Nutrition Facts	
Serving size	1 tbsp (15 mL)
Amount per serving	
<b>Calories</b>	<b>15</b>
	% Daily Value*
<b>Total Fat</b> 1.5g	<b>2%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 5mg	<b>0%</b>
<b>Total Carbohydrate</b> 0g	<b>0%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 0g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 0g	<b>0%</b>

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WHERE TO BUY  
Target · Walmart · Whole Foods · Amazon · **About \$5 per 32 oz.**

# 6

LAIRD SUPERFOOD

# Unsweetened Superfood Creamer

BEST FUNCTIONAL

Coconut creamer with a functional twist: lion's mane mushroom and clean ingredients, with no sugar.



In this line: Unsweetened · Vanilla · Caramel · Powdered creamers

- Vegan
- Gluten-Free
- Soy-Free
- Non-GMO

Laird Superfood, from big-wave surfer Laird Hamilton, built a cult following with creamers that do more than lighten your coffee. The liquid Unsweetened is pure coconut cream with a dose of lion's mane mushroom extract and nothing artificial, for a clean, mellow cup with no sugar at all. There is a Vanilla and Caramel if you want sweetness, plus the original powdered creamers Laird is famous for. It is the pick for the keto, paleo, and functional-coffee crowd who want their creamer to pull double duty.

MADE FROM  
coconut

WHAT'S IN IT  
Organic coconut milk (water, organic coconut cream), organic acacia fiber, sea salt, organic lion's mane mushroom extract, baking soda.

ALLERGENS  
**Contains coconut (a tree nut for labeling). Gluten-free, soy-free, no added sugar (Unsweetened).**

WHERE TO BUY  
Whole Foods · Sprouts · Target · Amazon · **About \$5 to \$7 per bottle**

## NUTRITION FACTS

Nutrition Facts	
Serving size	1 tbsp (15 mL)
Amount per serving	
<b>Calories</b>	<b>10</b>
	% Daily Value*
<b>Total Fat</b> 1g	1%
Saturated Fat 1g	5%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 15mg	1%
<b>Total Carbohydrate</b> 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
<b>Protein</b> 0g	0%

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# RIPPLE Half & Half

BEST ALLERGEN-FRIENDLY

Top-allergen-free half-and-half from pea protein: real body with none of the usual allergens.



In this line: Half & Half · Original

- Vegan
- Gluten-Free
- Soy-Free
- Non-GMO

Ripple brings its pea-protein magic to creamer, and the result is a half-and-half free of the top allergens: no dairy, soy, nuts, or gluten, which makes it the safe pick for allergy households. It pours with genuine body and a neutral flavor that lets your coffee come through, and like Ripple's milk, no one guesses it started as yellow peas. A smart everyday choice when someone at the table is avoiding nuts and soy.

MADE FROM  
pea protein

WHAT'S IN IT  
Water, sunflower oil, pea protein, acacia gum, cane sugar, contains less than 1%: potassium citrate, sodium bicarbonate, natural flavor, sunflower lecithin, sea salt, gellan gum.

ALLERGENS  
**Free of the top allergens: dairy-free, soy-free, nut-free, gluten-free.**

WHERE TO BUY  
Target · Whole Foods · Kroger · Amazon · **About \$4 to \$5 per 16 oz.**

## NUTRITION FACTS

Nutrition Facts	
Serving size	1 tbsp (15 mL)
Amount per serving	
<b>Calories</b>	<b>20</b>
	% Daily Value*
<b>Total Fat</b> 2g	<b>3%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 20mg	<b>1%</b>
<b>Total Carbohydrate</b> 0g	<b>0%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 0g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 0g	<b>0%</b>

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# 8

SILK

# Oat Yeah Oatmilk Creamer

BEST CLASSIC OAT

*Sweet, creamy, and dependable: the oat creamer that drinks like the dairy one you grew up with.*



**In this line:** The Plain One · Vanilla · Caramel · Oatmeal Cookie

- Vegan
- Soy-Free
- Non-GMO

Silk's oat creamer leans into the comforting, sweet-cream profile that many people actually want from a creamer, and it does it well. It is rich and unmistakably sweet, blends smoothly, and comes in dessert-forward flavors (Vanilla, Caramel, Oatmeal Cookie) alongside the plain. As a long-running plant-milk brand, Silk is everywhere and reliable, with dessert-forward flavors like Vanilla, Caramel, and Oatmeal Cookie. It is the pick when you like a sweeter, comforting cup and want it to be easy.

**MADE FROM**  
oat

**WHAT'S IN IT**  
Oatmilk (water, oats), cane sugar, sunflower oil, contains 2% or less of: dipotassium phosphate, gellan gum, natural flavor, sea salt.

**ALLERGENS**  
**Contains oats. Soy-free and nut-free. Not certified gluten-free.**

**WHERE TO BUY**  
Walmart · Target · Kroger · Publix · Amazon · **About \$4 per 32 oz. Widely stocked alongside the dairy creamers.**

NUTRITION FACTS

Nutrition Facts	
Serving size	1 tbsp (15 mL)
Amount per serving	
<b>Calories</b>	<b>25</b>
	% Daily Value*
<b>Total Fat</b> 1g	<b>1%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 10mg	<b>0%</b>
<b>Total Carbohydrate</b> 4g	<b>1%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 4g	
Includes 4g Added Sugars	<b>8%</b>
<b>Protein</b> 0g	<b>0%</b>

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# 9

COFFEE MATE

# Natural Bliss Oat Milk Creamer

BEST MAINSTREAM

The dairy-creamer giant's plant line: a short-ingredient oat creamer that is everywhere and cheap.



In this line: Original · Vanilla · Brown Sugar · Peppermint Mocha (seasonal)

- Vegan
- Soy-Free
- Non-GMO

When the biggest name in creamer makes a credible plant version, it matters, because it is the one your skeptical relatives will actually find and try. Natural Bliss oat is a simple, lightly sweet oat creamer with a notably short ingredient list for a mass-market product, and a little pea protein for body. It comes in the familiar lineup, from Original to Vanilla to seasonal Brown Sugar and Peppermint Mocha, and sits at a friendly price in nearly every store. Smooth, lightly sweet, and easy to find, it is the gateway creamer that wins people over.

**MADE FROM**  
oat (with pea protein)

**WHAT'S IN IT**  
Oat milk (water, oat flour), cane sugar, coconut oil, pea protein, baking soda, natural flavor, gellan gum.

**ALLERGENS**  
**Contains oats. Soy-free, nut-free. Not certified gluten-free.**

**WHERE TO BUY**  
Walmart · Target · Kroger · Publix · Amazon · **About \$4 per 32 oz. The value pick, stocked nearly everywhere.**

NUTRITION FACTS

Nutrition Facts	
Serving size	1 tbsp (15 mL)
Amount per serving	
<b>Calories</b>	<b>25</b>
	% Daily Value*
<b>Total Fat</b> 1g	<b>1%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 15mg	<b>1%</b>
<b>Total Carbohydrate</b> 5g	<b>2%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 4g	
Includes 4g Added Sugars	<b>8%</b>
<b>Protein</b> 0g	<b>0%</b>

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10

SO DELICIOUS

# Coconutmilk Creamer Original

BEST COCONUT

*The richest, most dessert-like pour: coconut cream for people who want coffee to feel indulgent.*



In this line: Original · French Vanilla · Caramel · Hazelnut

- Vegan
- Gluten-Free
- Soy-Free
- Non-GMO

Coconut makes the most decadent creamer, and So Delicious is the most widely stocked one. It pours thick and rich with a faint tropical note, in plain (still sweetened) plus dessert flavors like Caramel and French Vanilla, and an organic line. It is naturally free of soy and gluten, and it comes in dessert flavors like Caramel and French Vanilla plus an organic line. For a luxurious cup or poured over iced coffee, it is hard to beat.

MADE FROM  
coconut

WHAT'S IN IT  
Organic coconutmilk (water, coconut cream), cane sugar, coconut oil, pea protein, potassium citrate, gellan gum, natural flavor.

ALLERGENS  
**Contains coconut (a tree nut for labeling). Gluten-free, soy-free, otherwise nut-free.**

WHERE TO BUY  
Walmart · Target · Kroger · Whole Foods · Amazon · **About \$4 per 32 oz**

## NUTRITION FACTS

Nutrition Facts	
Serving size	1 tbsp (15 mL)
Amount per serving	
<b>Calories</b>	<b>30</b>
	% Daily Value*
<b>Total Fat</b> 1g	<b>1%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 5mg	<b>0%</b>
<b>Total Carbohydrate</b> 4g	<b>1%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 4g	
Includes 4g Added Sugars	<b>8%</b>
<b>Protein</b> 0g	<b>0%</b>

\* The % Daily Value (DV) tells you how much a nutrient in a serving contributes to a daily diet. 2,000 calories a day is used for general nutrition advice. Figures are for the core product; flavors & formats vary — confirm on the package.

# Pour *one* in tomorrow.

Start with two bottles: a flavored one for the joy of it, like the Starbucks Caramel Macchiato, and an unsweetened one for every day. The full guide, with how dairy-free dodges the lactose and casein that upset a lot of stomachs, is at [uvegan.org](https://u vegan.org).



[uvegan.org/vegan-coffee-creamer-guide.pdf](https://u vegan.org/vegan-coffee-creamer-guide.pdf)