

## Add Some Flavor to Your Coffee

The coffee craze across North America has led to an explosion in the types, tastes, and sizes of coffee beverages. They come now in variety of delicious flavors, with a variety of wild exotic-sounding names, like Frappuccino and mocha latte. One of the reasons that such a wide variety of drinks are available is the flavored coffee syrups that coffee houses use. Don't be worried.

You just had a raspberry nutmeg latte yesterday, and now you're worried whether you just blew your diet? Well, it won't be the flavored coffee syrups in your beverage that will spoil your good eating habits. These concoctions don't have unhealthy ingredients to ruin your diet. They merely bring great taste to the mix.

The top cafes that have flavored coffee syrups offer dozens of flavors to choose from. This flavor craze isn't a trend in the coffee world started just a couple years ago in the United States. Actually, professional coffee makers around the world have relied on all of these flavors for centuries to please their clientele. The best brands offer elegant and natural flavors. The syrups should get this intense taste from pure and natural ingredients.

The manufacturer takes the base ingredients, the natural fruits, nuts, spices, water and sugar, and converts them into a highly concentrated syrup. You'll note that this list of ingredients does not include any fat or cholesterol. All high quality syrups should be free of these unhealthy compounds. Check the label of the syrup at your favorite coffee house to be sure.

Lately, with diabetes such a considerable worldwide concern, as well as the emergence of low-carb diets, the top-rated flavored coffee syrup manufacturers have offered sugar-free alternatives. These sugar-free syrups don't miss out on flavor. Many of your favorite coffee flavors should be a part of this new sugar-free line, including vanilla, hazelnut, almond, caramel, Irish cream, mocha, raspberry, and amaretto.

With these natural flavors, though, you won't notice the absence of sugar. Instead, most manufacturers are adding a blend of sugar-free and calorie-free sweeteners such as Splenda, a natural sugar-free sweetener. Now you have nothing to worry about as you enjoy your delicious triple mocha nut cappuccino with all of those delicious syrups added for rich and fulfilling flavor.