

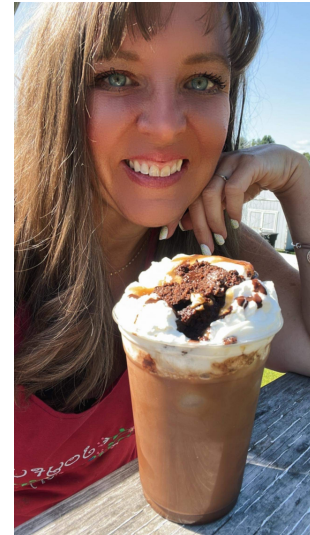
# Turtle Brownie Latte

THM-Friendly: S

Make [KJ's Caramel Sauce](#).

## **Brownie**

- 2 Tbsp. cocoa
- 2 tsp. [Baking Blend](#)
- 1/2 tsp. baking powder
- 1.5 Tbsp. [Gentle Sweet](#)
- 1 Tbsp. half & half
- 2 Tbsp. water
- 1 tsp. avocado oil
- 1 egg
- 1/2 Tbsp. sugar-free chocolate chips



Mix all the ingredients in a mug and microwave for 80 seconds. If it's not done microwave for 5-second intervals until not wet.

## **Turtle Latte**

- 8 oz. coffee (any caramel flavor would work great)
- 1 Tbsp. half & half
- 1.5 Tbsp. [Super Sweet](#)
- 1/4 cup [Chocolate Whey Protein](#)
- 1 Tbsp. cocoa
- 1/4 tsp. [sunflower lecithin](#)
- 1/2 tsp. [caramel extract](#)
- 1/2 tsp. [pecan extract](#)
- 1/4 tsp. baking powder

**Iced:** Put caramel sauce in the bottom of the cup; add ice, and line the cup with [Handy Chocolate](#). Pour the latte mix into the cup.

**Hot:** Put caramel sauce in the bottom of the cup and pour in the latte mix. Heat in the microwave for one minute (or until your hot preference).

For a special treat, top it with a touch of whipped cream and brownie pieces and more caramel drizzle. enJOY!

<https://www.joyfullifewithkj.com/coffee-concoctions/turtle-brownie-latte>



# Twix Powerhouse Iced Latte

THM-Friendly: S

Make [KJ's Caramel Sauce](#) and [All-The-Things Crumbles](#). These can be made ahead of time and kept on hand, I mean who wouldn't want these readily available at a moment's notice? I certainly would!

I topped mine with chopped up on plan Twix I had made!  
The recipe can be found [here](#).

- 10 oz. brewed [coffee](#)
- 8 oz. nut milk
- 3 Tbsp. chocolate [Pristine Whey Protein](#)\*
- 1 tsp. [caramel extract](#)
- 1/2 tsp. [butter extract](#)
- 1 tsp. coconut oil or 1 tsp. [MCT oil](#)
- 1 tsp. butter
- 1 tsp. [Super Sweet](#)
- 1/4 tsp. [sunflower lecithin](#) (optional)



Put all the ingredients in the blender and zing up.

Drizzle [Handy Chocolate Syrup](#) ([Trim Healthy Cookbook](#) pg 479) and KJ's Caramel Sauce around the inside of your glass. (Or for added difficulty, and more prettiness, add after ice)

Add ice and pour in the latte blend.

Top with whipped topping and more (yes, more) Handy Chocolate Syrup and Caramel Sauce.

enJOY!

