

Irish Cream Latte

THM-Friendly: S

Make a batch of [Irish Cream Syrup](#).



- 8 ounces of your favorite [coffee](#), brewed
- 1 tsp. [espresso](#) (or rich coffee)

Cream (multiple servings):

- 1/2 cup half & half (DF: cashew/nut cream or Silk half & half)
- 1/2 cup unsweetened nut milk
- 2 Tbsp. THM [Protein Powder](#) of choice (DF: [Creamy Dreamy](#))
- 6 droppers full Sweetleaf Plain Stevia liquid drops
- 1 1/2 Tbsp. [coconut oil](#) or 3 tsp. [MCT oil](#)
- 1/2 tsp. [sunflower lecithin](#)

Blend all cream ingredients together.

Iced: Add ice to a glass, and pour coffee over the ice. Put in about 4 Tbsp. of Irish Cream Syrup, and top with some cream mix. For a more special treat add whipped topping and more syrup.

Hot: Pour coffee into a mug. Put in about 4 Tbsp. of Irish Cream Syrup. For a special treat put your cream in a frother, then add that to the top.

You can add [Bourbon Whiskey Extract](#) if you would like.

enJOY!



<https://www.joyfullifewithkj.com/16-days-of-christmas/irish-cream-latte>

