

Cookies and Cocoa Latte

THM-Friendly: S

Cocoa Sauce:

- 8 oz. unsweetened nut milk
- 2 Tbsp. cocoa powder
- 3 tsp. Gentle Sweet (or 1 1/2 tsp. Super Sweet)
- 2 Tbsp. half & half (DF: if needed)
- 1 tsp. vanilla extract
- 1 square dark chocolate (85% dark)
- 1 Tbsp. Swerve Brown (or 1 tsp. Super Sweet and a drizzle of blackstrap molasses)
- a pinch of mineral salt
- a pinch of cream of tartar



IF drinking as a MEAL add:

- 1 Tbsp. butter (DF: coconut oil and a squirt of butter extract)
- 1/2 tsp. sunflower lecithin
- 2 Tbsp. THM Protein Powder of Choice (DF: Creamy Dreamy)

Cookie Crumble:

- a small handful of All-the-Things Crumble
- stevia-sweetened chocolate chips

Add all the ingredients to a saucepan and whisk together. Heat on medium until thoroughly mixed and heated to your preference. (Don't cook it too long.)

Put about 3/4 of a cup of warm nut milk into your favorite mug (it makes it better). Add your cocoa sauce. Top with whipped topping and some Cookie Crumble.

enJOY!

<https://www.joyfullifewithkj.com/16-days-of-christmas/cookies-and-cocoa-latte>

