

# Marshmallow Candy Cane Tea Latte

THM-Friendly: FP

Make a batch of [Toasted Marshmallows](#) (to use as fluff)

## Tea Latte:

- 2 Candy Cane tea\* bags steeped in 8 oz. hot water
- 8 oz. unsweetened [nut milk](#)
- 2 Tbsp. THM [Protein Powder](#) of choice (DF: [Creamy Dreamy](#))
- 1/4 tsp. [sunflower lecithin](#)
- 1 tsp. [MCT oil](#)
- 2 Tbsp. THM [Gentle Sweet](#)
- 1 tsp. marshmallow flavoring
- 1/2 tsp. peppermint extract (optional)



Add the latte ingredients to the blender to zing up.

Pour the latte mixture into your favorite mug; be sure to leave room at the top for the fluff.

Top with marshmallow fluff, KJ's [Candy Cane Bits](#), and red sprinkles (1 Tbsp. erythritol with 1 drop red food coloring) if desired, but why would you not?

enJOY!

\* If you do not have Candy Cane tea, use peppermint OR black tea with 1 tsp. peppermint extract.

\*\* You can spread any leftover Toasted Marshmallow fluff on parchment paper and dry out for some yummy THM-friendly marshmallows.

