

Pumpkin Maple Frap

THM-Friendly: FP

- 8 oz. coffee, brewed and chilled
- 4 oz. unsweetened nut milk
- 2 Tbsp. [KJ's Frappucino Base](#)
- 1 Tbsp. THM [Super Sweet](#)
- 1/4 cup THM [Pristine Whey Protein](#)
- 1/4 tsp. [sunflower lecithin](#)
- 1/2 tsp. [maple extract](#)
- 1/4 cup pure pumpkin puree
- a pinch of [mineral salt](#)



Put all the ingredients in a blender and zing it up.

For fun drizzle the inside of your favorite mug with caramel or chocolate; then pour in the drink mix.

Top off with a zero-sugar whipping topping!

enJOY!

