

Raspberry Shortcake Powerhouse Tea Latte

THM-Friendly: S

Raspberry Sauce:

- 1 whole carton raspberries (6 oz.) (if you use frozen don't add water)
- 1 tsp. THM [Super Sweet](#)
- 2 Tbsp. water
- 1/2 tsp. THM [Just Gelatin](#)

Put all the ingredients into a pan and cook down on medium heat.

Chop or mash the berries down as they cook.

Then add gelatin, making sure to whisk well.

Cook until thickened, then take off the heat.



Raspberry Powerhouse Tea Latte:

- 10 oz. water
- 2 raspberry tea bags
- 8 oz. unsweetened [nut milk](#)
- 2 heaping Tbsp. THM [Creamy Dreamy Plant Protein](#)
- 1/4 tsp. [sunflower lecithin](#) (optional)
- 1 Tbsp. [coconut oil](#) or butter or 2 tsp. [MCT oil](#)
- 3 droppers full Sweetleaf Stevia Berry Liquid Stevia
- Or use plain liquid stevia plus a berry extract

First, before making anything else start your tea, so it will steep to be strong.

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

ICED: In a glass drizzle some Raspberry Sauce, then add ice and pour in the latte blend.

HOT: In a mug (do not add ice) drizzle Raspberry Sauce and just pour latte blend, then heat in the microwave for 30 seconds.

Top with whipped topping, raspberry sauce, and [KJ's All-the-Things Crumble](#). If you do not want your whipped topping to melt, pre-make the raspberry sauce and shortcake (All-the-Things-Crumble) to let cool completely.

enJOY!

NOTE: If you do not want a powerhouse tea, halve the recipe, use 1 tsp. Creamy Dreamy Plant Protein or Unflavored Pristine Whey Protein and leave out the coconut oil or butter or MCT Oil.

<https://www.joyfullifewithkj.com/teas-with-a-twist/raspberry-tea-latte>

