

Caramel Apple Pie Iced Latte

THM-Friendly: E

Listen, truth in advertising...

I burnt the caramel and made crunch instead of a sauce. FAIR WARNING.

Caramel Apple Iced Coffee Apple Sauce:

- 1 apple, cut up and peeled
- a splash of lemon juice
- 1 Tbsp. [Swerve Brown](#)
- 1 cup water
- 1 tsp. [cinnamon](#)
- a sprinkle of nutmeg

Put in a saucepan, bring to a boil, then simmer until apples are soft. Add extra water if needed as it cooks. With a stick blender, blend the mixture into small chunks or smooth, based on your preference.

Low-fat Caramel Sauce:

- 1/2 cup Swerve Brown
- 1/2 tsp. each extract: [butter](#), [caramel](#), and [vanilla](#)
- 1/3 cup water
- 1 tsp. [coconut oil](#) or butter

Put in a separate saucepan add the first three ingredients, bring to a boil, then simmer until reduced down to a sauce. Then add in your butter...be careful to pay attention to not burn it. If you burn it, it will harden like caramel candy as seen in the picture. Still delicious, but you will set off the fire alarms and annoy your family.

Latte:

- 12 oz. brewed [coffee](#)
- 1/2 tsp. [sunflower lecithin](#)
- 1 cup unsweetened [nut milk](#)
- 1/2 tsp. caramel extract
- 1 Tbsp. Swerve Brown
- 1/4 cup unflavored [Pristine Whey Protein](#) (Vanilla Bean or [Creamy Dreamy Plant Protein](#))

Add Latte ingredients to the blender, and blend well. Drizzle Caramel Sauce around the inside of the glass. Add Caramel Apple Sauce to the bottom of the glass. Add ice. Pour in Latte, top with on-plan whipped topping, and more Caramel Sauce (or in this case, CRUNCH!)

enJOY!



<https://www.joyfullifewithkj.com/coffee-concoctions/caramel-apple-pie-iced-latte>