

# Cinnamon Dolce Powerhouse Iced Latte

THM-Friendly: S

## **Cinnamon Latte:**

- 2 “shots” espresso (You can use instant espresso or 8 oz. brewed coffee and 1 heaping tsp. instant espresso powder.)
- 1 heaping tsp. coconut oil
- 1 heaping tsp. butter
- 8 oz. unsweetened nut milk
- 2 tsp. half and half (you can use heavy cream if you wish to)
- 1/4 tsp. sunflower lecithin
- 2 Tbsp. THM Creamy Dreamy Plant Protein or Unflavored Pristine Whey Protein
- 1 Tbsp. THM Super Sweet
- 1/2 tsp. cinnamon

Add everything to the blender and blend.

Put 2 Tbsp. KJ's Cinnamon Dolce Syrup in the bottom of the glass. Add ice and pour the Cinnamon Latte over the ice.

Top with some fat-free whipped topping and drizzle more Cinnamon Dolce syrup on top.

enJOY!

Note: if you do not want a powerhouse coffee and want to stay FP. omit the coconut oil and butter.

To make a more traditional latte, add syrup to the glass, then milk mix (I would still use a blender and all the other health-beneficial ingredients), topping that with the coffee/espresso, then stir together. Top with whipped topping and a drizzle of syrup.

