

Cookies and Cream Iced Latte

THM-Friendly: S and FP versions

Makes 2 Servings

- Make one batch of [KJ's Copycat Oreo Cookie Crumble](#)

Latte (S VERSION - use as a meal replacement):

- 10 oz. coffee brewed (your fave)
- 8 oz. unsweetened nut milk
- 4-6 tsp. [Handy Chocolate Syrup](#), melted ([Trim Healthy Cookbook](#), pg 479)
- 1/4 cup scoop THM [Cookies and Cream Pristine Whey Protein](#)
- 1 Tbsp. butter
- 1 Tbsp. coconut oil
- 3 full droppers liquid plain stevia
- 1 Tbsp. cream (heavy cream or half and half)

Blend up all the ingredients. Drizzle Handy Chocolate Syrup around the inside of your cup. Add ice. Pour latte over ice. Top with on-plan (like sugar-free or fat-free Reddi Wip) and Oreo Cookie Crumbles.

Latte (FP VERSION):

- 10 oz coffee, brewed (your fave)
- 6 oz. unsweetened nut milk
- 4-6 tsp. Handy Chocolate Syrup (melt if frozen)
- 2 Tbsp. THM Cookies and Cream Pristine Whey Protein
- 3 full droppers liquid plain stevia

Blend up all the ingredients. Drizzle Handy Chocolate Syrup around the inside of your glass. Add ice. Pour latte over ice. Top with on-plan (like sugar-free or fat-free Reddi Wip) and 1 Tbsp. of Oreo Cookie Crumbles.

enJOY!

