

Junior Mint Powerhouse Latte

THM-Friendly: S

2 Servings

- 10 oz. brewed coffee, to your strength preference
- 8 oz. unsweetened nut milk
- 1 Tbsp. cocoa
- 1/4 cup (1 scoop) Chocolate Pristine Whey Protein*
- 3 droppers full Sweetleaf Peppermint Liquid Stevia**
- 1/4 tsp. peppermint extract
- 1 Tbsp. coconut oil or butter or 2 tsp. MCT oil
- 2 Tbsp. heavy cream (nut cream for dairy lite)
- 1/4 tsp. sunflower lecithin (optional)

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



Drizzle Handy Chocolate Syrup, Trim Healthy Cookbook, pg. 479 around the inside of your mug.

Pour the latte blend into your mug and warm up in the microwave. (You could also pour over ice if you want an iced latte.)

Top with whipped topping and more Handy Chocolate Syrup.

enJOY!

NOTE: If you do not want a powerhouse coffee, halve the recipe, use 1 tsp. unflavored Pristine Whey Protein, and leave out the coconut oil/butter or MCT Oil.

* If you do not have Chocolate Pristine Whey Protein you can use 2 Tbsp. cocoa and 3 Tbsp. unflavored or Vanilla Pristine Whey Protein.

**If you only have Sweetleaf Plain Liquid Stevia you can use 3 droppers full of that and use a 1/2 tsp. peppermint extract.

