

Maine Maple Sundae Iced Latte

THM-Friendly: S

Maine Maple Sundae Iced Coffee Syrup:

- equal parts water and erythritol (1/2 cup to 1/2 cup - depending on amount you want)
- 1 tsp. maple extract
- 1/2 tsp. xanthan gum

Put water and erythritol in a pan and cook down. When dissolved add xanthan gum a little at a time. Sprinkle and whisk...sprinkle and whisk...until gone (or put in a blender if it can handle hot liquids).

Maple Latte:

- 10 oz. brewed coffee (maple flavor IF you have it!)
- 8 oz. unsweetened nut milk
- 1 Tbsp. coconut oil
- 1 Tbsp. butter
- 1 Tbsp. half & half
- 1 Tbsp. Swerve Brown sweetener
- 1/2 tsp. sunflower lecithin
- 1 scoop (1/4 cup) unflavored Pristine Whey Protein

Add everything to blender and blend.

Brown Sugar Cold Foam:

- 1/2 cup almond milk
- 1 tsp. half & half
- 1/4 tsp. sunflower lecithin
- 2 tsp. Swerve Brown sweetener
- 1 tsp. unflavored Pristine Whey Protein

Put in frother on cold foam setting, or use a hand frother for 2-3 minutes

To assemble: Drizzle Maple Sundae Syrup around the inside of the cup. Add ice and pour latte over the ice. Pour the Brown Sugar Cold Foam on top of the latte. Top with on-plan whipped topping. Sprinkle Swerve Brown and Maple Syrup drizzle on top.

enJOY!

