

# Maple Bacon Caramel Powerhouse Iced Latte

THM-Friendly: S  
2 Servings

## **Maple Bacon Caramel Sauce:**

- 2 slices bacon, cut into small pieces or crumbles
- 3 Tbsp. butter
- 1/4 cup [Allulose](#) (or THM [Gentle Sweet](#))
- 1/4 cup heavy cream
- 1/2 tsp. [maple extract](#)

On medium heat, melt down the first three ingredients until it just starts to turn brown and foamy.

Turn your heat down to low; then add your cream and maple extract.

Cook for about another minute. Shut it off while you make the latte.

## **Maple Bacon Powerhouse Iced Latte:**

- 12 oz. brewed [coffee](#)
- 8 oz. unsweetened nut milk
- 1 Tbsp. half & half
- 1 tsp. butter
- 1 tsp. coconut oil
- 2 Tbsp. allulose (or Gentle Sweet)
- 1/2 tsp. [bacon extract](#)
- 1/2 tsp. [maple extract](#)
- 1/4 cup (1 scoop) THM Unflavored [Pristine Whey Protein](#)
- 1/4 tsp. [sunflower lecithin](#)

Put all the ingredients in your blender and blend well.

Put ice in a glass and then pour in the latte blend.

Top with whipped topping and Maple Bacon Caramel Sauce.

enJOY!



<https://www.joyfullifewithkj.com/coffee-concoctions/maple-bacon-caramel-iced-latte>