

Maple Pecan Iced Latte

THM-Friendly: S

- 12 oz. brewed coffee
- 8 oz. unsweetened nut milk
- 1 tsp. maple extract
- 1 tsp. pecan extract
- 1 tsp. butter
- 4 droppers full Sweetleaf Plain Liquid Stevia
- 1/4 tsp. sunflower lecithin (optional)
- 1 Tbsp. THM unflavored Pristine Whey Protein
- 1 tsp. half & half
- 1 Tbsp. pecans, chopped for garnish

Put all the ingredients (except the pecans) in the blender and zing them up.



Drizzle maple syrup (the Pancake Syrup from Trim Healthy Cookbook pg 480) around the inside of your glass.

Add ice and pour in the latte blend.

Top with whipped topping and more maple syrup drizzle and the chopped pecans.

enJOY!

* Maple Pecan Iced Latte starts at 22:20 of the video, but make sure to watch the whole thing for a Ton 'O Fun!

