

Milky Way Powerhouse Iced Latte

THM-Friendly: S

2 Servings

- 8-12 oz. brewed coffee
- 8 oz. unsweetened nut milk
- 1 Tbsp. cocoa
- 3 Tbsp. THM Chocolate Pristine Whey Protein*
- 3 droppers full Sweetleaf Vanilla Cream Liquid Stevia**
- 1 tsp. caramel extract
- 1 tsp. marshmallow extract
- 1 tsp. butter extract
- 1 tsp. heavy cream
- 1/4 tsp. sunflower lecithin (optional)
- 1 Tbsp. coconut oil/butter or 2 tsp. MCT oil



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

Drizzle Handy Chocolate Syrup (Trim Healthy Cookbook, pg 479) and KJ's Caramel Sauce around the inside of your glass. (Or for added difficulty, and more prettiness, add after ice).

Add ice and pour in the latte blend.

Top with whipped topping and more (yes, more) Handy Chocolate Syrup and Caramel Sauce.

enJOY!

* 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 do not have Sweetleaf Vanilla Cream Liquid Stevia drops you can use Sweetleaf Plain Liquid Stevia drops and vanilla extract.

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

