

Mocha Frappuccino

THM-Friendly: S

- 2/3 cup coffee, strongly brewed, cold
- 1/4 cup unsweetened nut milk
- 1/4 cup half & half
- 2 cups of ice
- 1.5 Tbsp. cocoa
- 2 Tbsp. THM [Gentle Sweet](#)
- 1 tsp. [MCT oil](#)
- 1/4 tsp. [sunflower lecithin](#) (optional - it's brain food, so why not?)

Put all the ingredients in the blender and zing up.

Drizzle [Handy Chocolate Syrup](#) ([Trim Healthy Cookbook](#), pg 479) around the inside of your glass.

Pour the frappuccino into the glass and top with whipped cream and more Handy Chocolate.

enJOY!

