

PB Cup Iced Powerhouse Latte

with PB Cold Foam

THM-Friendly: S

Make [Handy Chocolate Syrup](#), [Trim Healthy Cookbook](#), pg 479

Make KJ's [Easy Peanut Butter Sauce](#)

Latte:

- 12 oz. brewed [coffee](#)
- a splash of cream or half & half
- 3/4 cup unsweetened [nut milk](#)
- 1 Tbsp. natural peanut butter
- 1 heaping Tbsp. unsweetened baking cocoa
- 1 Tbsp THM [Super Sweet](#)
- 1 Tbsp. butter
- a pinch of [mineral salt](#)
- 1 scoop (1/4 cup) THM [Pristine Whey Protein](#)
(choco-peanut was used, but unflavored will work)



Cold Foam:

- 1/2 cup unsweetened nut milk
- 1/4 tsp. [sunflower lecithin](#)
- 1 tsp. THM Pristine Whey Protein
- 1 tsp. [peanut butter extract](#)
- 1 squirt liquid plain stevia (or one doonk [powdered stevia](#))

Drizzle chocolate and peanut butter around the inside of the glass.

Fill the glass with ice.

Blend all latte ingredients in a blender and pour over ice.

Blend the cold foam ingredients, using a frother, for 2-3 minutes. (I use an electric frother.)

Pour the cold foam over the coffee.

enJOY!!

