

Pumpkin Cinnamon Dolce Latte

THM-Friendly: FP

Maple Foam:

- 1/2 cup almond milk (you can use cashew milk, but it will not foam as well)
- 1/2 tsp. maple extract
- 3 droppers full Sweetleaf Stevia Plain Drops
- 1 Tbsp. THM Creamy Dreamy Plant Protein

If you need to use Plain Pristine Whey Protein add 1/4 tsp. sunflower lecithin.

Put ingredients in a milk frother and do a warm froth, or you can use a hand milk frother.

Pumpkin Cinnamon Latte:

- 8 oz. brewed coffee
- 1 tsp. pure pumpkin puree
- 4 oz. (1/2 cup) almond milk
- 1 Tbsp. KJ's Cinnamon Dolce Syrup
- 3 droppers full Sweetleaf Stevia Pumpkin Spice Drops
- 1 Tbsp. THM Creamy Dreamy Plant Protein or plain Pristine Whey Protein
- 1 tsp. MCT oil

Add the pumpkin cinnamon latte ingredients to the blender and zing it up.

If you'd like it deliciously hot, pop it in the microwave for a minute or two.

Top with your Maple Foam.

enJOY!

