

S'mores Iced Latte

THM-Friendly: S and FP options
2 Servings

Make and keep on hand:

- * [Toastable Marshmallows](#)
- * "Graham Cracker Crumbs" (see notes)
- * [Handy Chocolate Syrup](#), [Trim Healthy Cookbook](#), pg 479

S version:

- 8 oz. brewed [coffee](#)
- 8 oz. unsweetened nut milk
- 2 Tbsp. half and half
- 1 Tbsp. butter
- 1 Tbsp. [coconut oil](#)
- 1 Tbsp. cocoa
- a pinch of [mineral salt](#)
- 1/2 tsp. marshmallow flavoring
- 1 tsp. THM [Super Sweet](#) (more or less to your taste)
- 1/4 cup THM chocolate [Pristine Whey Protein](#)

Fuel Pull version: Omit butter and coconut oil.

Put latte ingredients in a blender and zing it up!

Coat the inside of a glass with Handy Chocolate Syrup.

Pour over ice. Top with on-plan fat-free REddi-Wip, a few marshmallows, and a sprinkle of graham cracker crumbs. Dizzle with Handy Chocolate Syrup.

Notes: For the graham crackers, page 504 of [Trim Healthy Table](#) has beautiful "Beauty Blend Graham Crackers". Make the FP version. Don't make them pretty. Crush them up, throw them in a zippy, and stick them in the freezer so you have some whenever you need them.

enJOY!

