

Cinnamon Maple Latte

THM-Friendly: S

Syrup:

- 1/2 cup allulose
- 1/2 cup water
- 2 tsp. cinnamon
- 2 tsp. maple extract
- 1 tsp. vanilla extract
- scant 1/8 tsp. xanthan gum

Over medium-low heat, simmer all except the xanthan gum until slightly thickened. Then sprinkle xanthan gum and whisk to incorporate. Continue stirring until syrup is thickened, about 5-10 minutes. Remove from heat to cool.

Coffee:

- 8 oz. coffee, brewed
- 3/4 cup unsweetened nut milk
- 1 Tbsp. heavy cream
- 1/4 tsp. sunflower lecithin
- 1/4 cup Pristine Whey Protein
- 1/2 tsp. cinnamon
- 1 tsp. maple extract
- 2 Tbsp. THM Super Sweet
- 1 Tbsp. coconut oil

Add all coffee ingredients to a blender and mix well.

Swirl syrup around the sides of a coffee mug, and add the coffee mixture.

Top with fat-free or zero-sugar Reddi Wip.

enJOY!



<https://www.joyfullifewithkj.com/coffee-concoctions/cinnamon-maple-latte>

