

Banana Split Dalgona Coffee

THM-Friendly: FP

Serves two.

Strawberry Sauce:

- 7-8 strawberries
- 2 Tbsp. THM [Gentle Sweet](#)
- 4 Tbsp. water

Chocolate Sauce:

- 3 Tbsp. Handy Chocolate Syrup, Trim Healthy Cookbook, pg 479
(I make mine ahead and freeze in cubes. I used two cubes for this recipe)

Banana Milk:

- 1 and 1/4 cups unsweetened nut milk
- 1 scoop THM Vanilla Bean [Pristine Whey Protein](#)
- 3/4 tsp. [banana extract](#)

Coffee:

- 2 Tbsp. instant coffee
- 4 Tbsp. VERY hot water
- 4 Tbsp. THM [Gentle Sweet](#)

Instructions for the strawberry sauce:

Chop berries, water, and sweetener into a sauce using a small chopper or food processor.

Instructions for the Banana Milk:

Add almond milk, whey, and banana extract to a jar and shake until well combined.

Instructions for the Coffee:

Add sweetener, coffee, and very hot water to a bowl and mix using a hand mixer. In 2-5 minutes you will have a very light and fluffy whipped coffee.

Assemble:

Add half the strawberry sauce to the bottom of each glass. Drizzle chocolate sauce around the inside of each glass. Fill each glass with ice. Pour half of the banana milk over each glass of ice. Top with coffee fluff. Take a picture and show all of your friends and then before drinking, gently stir to combine. Send me a note of gratitude.

Trust me on this.

enJOY!

