

Brown Sugar Maple Iced Latte

with Maple Cold Foam

THM-Friendly: FP

Makes 2

Latte:

- 12 oz. coffee of choice (I used Starbucks Vanilla K-Cup)
- 8 oz. unsweetened nut milk
- 1 Tbsp. THM [Super Sweet](#)
- 1/4 tsp. [blackstrap molasses](#)
- 1/2 tsp. [maple extract](#)
- 1 Tbsp. unflavored [Pristine Whey Protein](#)

Cold Foam:

- 1/2 cup unsweetened nut milk
- 2 droppers full of liquid stevia
- 1/4 tsp. [maple extract](#)
- 1/4 tsp. [sunflower lecithin](#)
- 1 heaping tsp. of unflavored [Pristine Whey Protein](#)



Combine Super Sweet and blackstrap molasses in a bowl until resembling "brown sugar".

Brew coffee, and add to blender with other latte ingredients, including "brown sugar". Pour over ice.

Add all cold foam ingredients to an electric frother and use the cold foam setting. You can also just add to a mug and froth for 2-3 minutes with a handheld frother.

Pour on top of the coffee.

enJOY!

