

Iced Blueberry Tea Latte

with Lemon Cold Foam

THM-Friendly: FP

Lemon Cold Foam:

- 1/2 cup unsweetened nut milk
- 2 droppers full lemon liquid stevia (or plain stevia and add a 1/2 teaspoon lemon extract)
- 1/4 tsp. sunflower lecithin
- 1 tsp. THM unflavored Pristine Whey Protein

Put in a frother or use a hand frother for 2-3 minutes until foamy.

Blueberry Tea Latte:

- 2 packets of blueberry tea
- 10 oz. water
- 4 oz. unsweetened nut milk
- 2 droppers full of plain liquid stevia (or another sweetener to taste)
- a splash of vanilla extract
- 2 Tbsp. unflavored Pristine Whey Protein
- 1 tsp. Blueberry Sauce or a few fresh (or frozen) blueberries (optional)

Brew the tea in the 10 oz. of water. Add everything to a blender and blend. Pour over ice.

Pour Lemon Cold Foam on top.

enJOY!

