

# Mixed Berry Tea Iced Latte

with Berry Coulis

THM-Friendly: FP



## Berry Coulis:

- 1 cup of your choice of berries
- 2 droppers full of plain stevia drops
- 1 tsp. [Just Gelatin](#)

## Blackberry Tea Latte:

- 6 oz. boiling water
- 2 blackberry tea bags
- 6 oz. unsweetened [nut milk](#)
- 3 droppers full berry stevia drops
- 1/4 tsp. sunflower lecithin
- 1 tsp. [Creamy Dreamy Plant Protein](#) or 2 tsp. unflavored [Pristine Whey Protein](#)
- 1 tsp. [collagen](#)
- 1 tsp. MCT oil (you can use 2 tsp. if you want it creamier)
- \*\* 1/4 tsp. [beet powder](#) (more if wanted to your preference)

Steep the tea bags in the 6 oz. of boiling water for 5 minutes.

Meanwhile, put the Berry Coulis ingredients in a chopper and blend.

After the tea has steeped put the Blackberry Tea Latte ingredients into a blender and zing them up.

\*\* If you would like it to be more colorful drizzle coulis around the side of your glass. Add ice. Pour Berry Tea Latte over ice. Top with some Berry Coulis.

enJOY!

