

Squoffee

THM-Friendly: S

Squash + Coffee = Squoffee

Ingredients:

- one summer squash (unpeeled) or one zucchini (peeled)
- 1 1/2 cups of your favorite flavor of coffee
- 1 Tbsp. half-and-half or Super Creamer
- one scoop of THM whey protein
- 1 tsp. THM Super Sweet
- 1/2 tsp. THM sunflower lecithin
- 1 tsp. extract of your choice (I used coconut, caramel and vanilla this time.)
- 1 Tbsp. coconut oil
- Optional: shredded coconut, 1 Tbsp. cocoa, RxSugar Chocolate Sauce (or THM Handy Chocolate)
- Nonfat Reddi-Wip
- ice



Instructions:

Brew a large cup of coffee. Pour coffee into your blender. Cut your squash into a couple of big chunks. Summer squash doesn't need to be peeled but zucchini peel might make your coffee a weird color. Place in the blender; add the squash, half-and-half, whey protein, Super Sweet, sunflower lecithin, coconut oil, and extract(s). Blend thoroughly. Put ice into a quart jar. Drizzle the sides of the jar with chocolate sauce. Pour the coffee mixture into the jar. Top with Reddi-Wip and more chocolate sauce.

(Handy Chocolate Syrup is from the Trim Healthy Cookbook, page 479)

enJOY!

