

Caramel deLite Coffee

THM-Friendly: S

Make a batch of [KJ's Caramel Sauce](#) and cool.

- 8-10 ounces of your favorite coffee, brewed
- one medium summer squash, unpeeled - optional
- 1 cup nut milk
- 1 Tbsp. half-and-half or heavy cream
- 1 tsp. Super Sweet
- 1/2 tsp. caramel extract
- 1/2 tsp. coconut extract
- pinch of salt
- 1 scoop Pristine Whey Protein or Creamy Dreamy
- 1/2 tsp. sunflower lecithin
- 1 Tbsp. cocoa



Add all ingredients to the blender and zing them up.

In a quart jar or large mug, you can put some unsweetened toasted coconut flakes, chocolate sauce (i.e., RxSugar Chocolate Sauce or [Handy Chocolate Syrup](#)), and some caramel sauce in the bottom. Decorate the sides, if you like.

Add ice to your cup and pour the coffee mixture over it. Top with whipped topping, a drizzle of chocolate sauce, caramel sauce, and some more toasted coconut or some of [KJ's All the Things Crumble](#).

enJOY!

