

Toast-Yay Coffee

THM Friendly - S

- 1 cup of your favorite hot coffee, brewed
- 1 cup nut milk
- 1 tsp. half-and-half or heavy cream (if desired)
- 1 medium summer squash - optional
- 1 tsp. butter (or butter extract)
- 1/2 - 1 tsp. Super Sweet
- 2 Tbsp. Swerve Brown
- pinch of nutmeg
- 1/2 tsp. cinnamon
- 1 tsp. maple extract
- pinch of salt
- 1 scoop Pristine Whey Protein or Creamy Dreamy
- 1/2 tsp. sunflower lecithin



Add all ingredients to the blender and zing them up.

Fill a quart jar with ice. Drizzle sugar-free maple syrup down the sides; I prefer RxSugar Maple Flavored Syrup. Pour the coffee mixture over the ice. Top with nonfat whipped topping and a drizzle of maple syrup.

To make this an FP, use the half-and-half OR the cream OR the butter. You can have up to one teaspoon of fat in an FP.

enJOY!

