

Chocolate Covered Cherry Latte

THM-Friendly: E

- 1 cup warmed unsweetened [nut milk](#) (I prefer cashew)
- 4 ounces [espresso](#) (or rich coffee)
- 2 Tbsp. THM [Super Sweet](#)
- 2 Tbsp. THM [Protein Powder](#) of choice
- 1 tsp. [cherry extract](#)
- 1 Tbsp. cocoa

- 3-4 Tbsp. Handy Chocolate Syrup, [THC pg 479](#)
- 3-4 Tbsp. KJ's [Cherry Sauce](#)



For the latte mix: Add the first six ingredients to your blender and zing them up.

Iced: Put the Cherry Sauce in the bottom of the glass, add ice, and line the cup with Handy Chocolate. Pour the latte mix into the glass.

Hot: Put Cherry Sauce in the bottom of the cup and pour in the latte mix. Heat in the microwave for one minute (or until your heat preference).

For a special treat, top with a touch of whipped cream and a sugar-free [Chocolate Covered Cherry](#). Drizzle with more Handy Chocolate, if desired.

enJOY!

