

# Snickerdoodle Latte

THM:FP with S option

- 10 ounces of your favorite coffee, brewed
- 1/2 cup unsweetened nut milk
- 2 Tbsp. [Swerve Brown](#)
- 1/2 tsp. cinnamon
- pinch (couple of shakes) of nutmeg
- A dribble of blackstrap molasses
- 2 Tbsp. half & half (DF: if needed)



## **IF drinking as a MEAL add:**

- 2 Heaping Tbsp. [Creamy Dreamy](#) (Or: [Protein Powder](#) of choice)
- 1/4 tsp. sunflower lecithin
- 1 Tbsp. coconut oil or 2 tsp. [MCT Oil](#)
- 1/2 tsp. vanilla extract

## **Snickerdoodle Crumble:**

- a small handful of [All-the-Things Crumble](#)
- 1/2 tsp. cinnamon
- a sprinkle (about 1/4 tsp.) of allulose (or sweetener you have)

Add all latte ingredients to the blender and zing them up.

**Hot Coffee:** Pour mixture into a mug (at this point if you want it hotter go ahead and pop it in the microwave for about 1 minute or until your heat preference.)

**Iced Coffee:** Pour your coffee mixture over ice.  
Top with whipped topping and All-the-Things Crumble.

enJOY!

