

Italian Wedding Cookie Latte

THM-Friendly: S

- 8 ounces of your favorite coffee, brewed
- 2 Tbsp. THM Gentle Sweet
- 2 Tbsp. THM Protein Powder of choice (DF: Creamy Dreamy)
- 1 tsp. vanilla extract
- 1/2 tsp. almond extract
- 1/2 tsp. pecan extract
- 1/4 tsp. sunflower lecithin
- 1 Tbsp. coconut oil
- 2 Tbsp. half & half (DF: cashew/nut cream)

Blend all ingredients together. Pour into a mug; if you desire it to be hotter heat it up in the microwave.

For more of a special treat top with whipped cream and Italian Wedding Cookie crumbles.

enJOY!

