

Christmas Crack Latte

THM-Friendly: FP

- Make a batch of [Creamy Dairy Free Caramel Sauce](#), using butterscotch extract OR caramel and butter extract

Latte:

- 12-15 ounces of your favorite coffee, brewed
- 1/2 cup unsweetened nut milk
- 1/2 tsp. butterscotch extract
- 1/2 tsp. caramel extract
- 1/2 tsp. butter extract
- a pinch of mineral salt
- 2 Tbsp. THM [Chocolate Pristine Whey Protein](#)*
- 1/4 tsp. sunflower lecithin
- 1 tsp. MCT oil
- 2 Tbsp. [Swerve Brown](#)



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

Line a cup of your choice with Creamy Dairy Free Caramel Sauce; add a little to the bottom for extra flavor if you.

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 more drizzle of the CDF Caramel Sauce.

enJOY!

* If you do not have Chocolate Whey Pristine Protein you can use unflavored with 1 Tbsp. unsweetened cocoa powder and 1 Tbsp. Gentle Sweet.

