

Coconut Cardamom Powerhouse Latte

THM-Friendly: S

This can be used as a meal replacement when you are on the run.

- 12 ounces coffee, brewed (pick your fave)
- 1 tsp. coconut oil
- 1 tsp. butter
- 1/3 cup coconut milk, canned and unsweetened
- 1/4 tsp. cardamom
- 1 Tbsp. THM Gentle Sweet
- 1/4 cup Pristine Whey Protein
- optional: small splash of light cream

Warm the coconut milk in the microwave or on the stove. Combine all ingredients in a blender and blend for a few seconds until smooth and creamy.

enJOY!

Disclaimer: be careful when blending hot liquids.

