

# "CRAP, I OVERSLEPT!" Breakfast Coffee

THM-Friendly: S

We all have those mornings, don't we?  
Tell me I'm not alone.

Either you set the alarm and hit "off" instead of "snooze", or you just all together forgot to set it. It happens. This is what I do when I'm in a HURRY, but need something that will fill me up and hold me until lunch.

There are measurements here, but honestly, when I'm in a mad rush and just need to throw this together, I basically plop this, pour that.  
I'm not remotely specific with my measurements.  
WING IT AND GO!

- 12 ounces coffee, strongly brewed
- 1/4 cup unsweetened nut milk
- 1 tsp. butter
- 2 tsp. coconut oil
- a splash of vanilla extract
- 2 heaping Tbsp. of THM Vanilla Bean Pristine Whey Protein (use your fave)
- 1 Tbsp. cocoa
- liquid stevia drops to taste

Mix all the ingredients well with a blender, or immersion blender, or a frother, or just throw in the microwave for a few seconds and stir the heck out of it.

This FILLS me up and holds me so well.

enJOY!

