

# Iced Creamy Espresso

with Butter Pecan Cold Foam

THM-Friendly: DEEP S

## **Espresso:**

- 6 ounces hot water
- 2 Tbsp. instant espresso powder (of course, you can brew your own espresso if you fancy like that)
- 1 cup unsweetened nut milk
- 1 Tbsp. THM [Super Sweet](#)
- 1 scoop THM [Pristine Whey Protein](#)
- 1 Tbsp. [refined coconut oil](#)
- 1 Tbsp. butter

Add all ingredients to a blender and pour over ice.

## **Butter Pecan Cold Foam:**

- 1/2 cup unsweetened nut milk
- 1-2 droppers full of liquid stevia (you could also use your favorite THM sweetener)
- 1/2 tsp. [sunflower lecithin](#)
- 1 Tbsp. THM Pristine Whey Protein
- 1/4 tsp. [butter extract](#)
- 1/4 tsp. [pecan extract](#)

In a cup or glass, froth for 1-2 minutes until you have a light, fluffy foam. I use this [automatic frother](#).

Add to the top of the iced espresso and then gasp at just how good it is.

enJOY!

