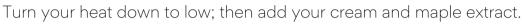
Maple Bacon Caramel Powerhouse Iced Latte

THM-Friendly: S 2 Servings

Maple Bacon Caramel Sauce:

- 2 slices bacon, cut into small pieces or crumbles
- 3 Tbsp. butter
- 1/4 cup <u>Allulose (or THM Gentle Sweet</u>)
- 1/4 cup heavy cream
- 1/2 tsp. <u>maple extract</u>

On medium heat, melt down the first three ingredients until it just starts to turn brown and foamy.



Cook for about another minute. Shut it off while you make the latte.

Maple Bacon Powerhouse Iced Latte:

- 12 oz. brewed <u>coffee</u>
- 8 oz. unsweetened nut milk
- 1 Tbsp. half & half
- 1 tsp. butter
- 1 tsp. coconut oil
- 2 Tbsp. allulose (or Gentle Sweet)
- 1/2 tsp. <u>bacon extract</u>
- 1/2 tsp. <u>maple extract</u>
- 1/4 cup (1 scoop) THM Unflavored Pristine Whey Protein
- 1/4 tsp. sunflower lecithin

Put all the ingredients in your blender and blend well.

Put ice in a glass and then pour in the latte blend.

Top with whipped topping and Maple Bacon Caramel Sauce.

enJOY!







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