

PB & J Iced Latte

THM-Friendly: FP

Make a batch of KJ's Easy Peanut Butter Sauce.

Latte Ingredients:

- 8 - 10 oz. brewed coffee, a fruit flavor would be best
(Bones Strawberry Cheesecake was used in this latte)
- 4 oz. unsweetened nut milk
- 1 Tbsp. half & half
- 4 droppers full Sweetleaf Berry Liquid Stevia Drops*
- 1 tsp. peanut butter extract
- 1 tsp. peanut butter
- 3 strawberries (fresh or frozen)
- 1/4 tsp. sunflower lecithin
- 2 Tbsp. THM unflavored Pristine Whey Protein (strawberry would also be great) or Creamy Dreamy Plant Protein
- Peanut Butter Sauce



Put all the ingredients in your blender and zing it up!

Put ice in your glass; add your peanut butter sauce around the sides.

Pour the latte mix over the ice and peanut butter sauce.

Top with whipped topping! For even more decadence add a little jelly and drizzle some pb sauce on the whipped topping.

enJOY!

* If you don't have SweetLeaf Berry Liquid Stevia use Plain and add a berry extract.

