

# Smores Frozen Powerhouse Coffee

THM-Friendly: S

- 8 oz. coffee, brewed
- 4 oz. unsweetened nut milk
- 2 Tbsp. half and half
- 1 tsp. butter
- 1 Tbsp. coconut oil
- 2 Tbsp. Handy Chocolate Syrup, Trim Healthy Cookbook, pg 479  
(If you don't have this, replace with an extra Tbsp. cocoa)
- 2 Tbsp. cocoa
- a pinch of mineral salt
- 1/2 tsp. marshmallow flavoring
- 1/4 tsp. cinnamon
- 1/4 tsp. butter extract
- 2 Tbsp. THM Super Sweet
- 1/4 tsp. blackstrap molasses
- 1 Tbsp. unflavored Pristine Whey Protein
- 2 cups ice

Add all ingredients to a blender and blend until well incorporated. Pour into a large glass or canning jar.

enJOY!

\*Note - this is enough fat and protein to be considered a meal replacement.

