

Bananas Foster Iced Latte

with Salted Caramel Whipped Foam and Drizzle

THM-Friendly: S

2 Servings

I mean, C'MON!!!!!! This is INCREDIBLE.

Latte:

- 12 oz. brewed coffee (caramel-flavored is a great option)
- 10 oz. unsweetened nut milk
- 1 Tbsp. butter
- 1 Tbsp. coconut oil
- 1/4 cup THM Plain Whey Protein
- 1/4 tsp. caramel extract
- 3/4 tsp. banana extract
- 1 Tbsp. THM Super Sweet

Add all to a blender and blend well. Be careful with hot liquids in your blender.



Salted Caramel Sauce:

- 2-3 Tbsp. butter
- 2 Tbsp. THM Super Sweet
- 3-4 Tbsp. heavy cream
- a pinch of mineral salt
- a pinch of xanthan gum

Melt down butter and sweetener until slightly brown over low heat, then add heavy cream. Whisk until it turns into a nice caramel color. Add salt and xanthan gum and whisk well until thickened.

Salted Caramel Foam/Whip:

- 2-3 Tbsp. heavy cream
- 1/4 cup unsweetened nut milk
- 1 dropper liquid stevia
- 1/4 scant tsp. caramel extract
- 1 heaping tsp. Plain Whey Protein
- 1/4 tsp. sunflower lecithin
- a pinch of mineral salt

Add all ingredients to an electric frother (or a cup if using a hand frother). Froth on cold foam setting (or for 2-3 minutes with hand frother) until it whips and is foamy and pretty.

Drizzle a glass with Salted Caramel Sauce; add ice. Pour Latte over the ice. Add Foam/Whip. Drizzle with a little more Salted Caramel Sauce.

enJOY!

<https://www.joyfullifewithkj.com/coffee-concoctions/bananas-foster-iced-latte-with-salted-caramel>

