

Fat Burning Peppermint Latte Mix

THM-Friendly: FP

- ☞ 5 Tbsp. powdered butter
- ☞ 5 Tbsp. MCT oil powder
- ☞ 10 Tbsp. collagen
- ☞ 1 Tbsp. sunflower lecithin
- ☞ 10 Tbsp. THM Pristine Whey Protein
- ☞ 1 tsp. pure stevia
- ☞ 2 Tbsp. unsweetened baking cocoa
- ☞ 10 drops of peppermint essential oil



Add all ingredients to a chopper/blender/food processor. This works best when you completely incorporate the ingredients together.

Store in an air-tight container.

Add 1 and 1/2 Tbsp. of the mix to your coffee. Mix well with a frother or blender.

enJOY!

*Be sure your essential oil is food-grade (intended for internal use).

