

Chocolate Covered Marshmallow Latte

THM-Friendly: S

Make a batch of [Toastable Marshmallows](#), cut into squares, and dipped in chocolate! It will be best to have [Handy Chocolate Syrup](#), [Trim Healthy Cookbook](#), pg. 479, on hand also.

- 8 oz. [coffee](#), brewed
- 12 oz. unsweetened [nut milk](#)
- 1/2 tsp. [marshmallow extract](#) (CRITICAL to recipe)
- 2 Tbsp. heavy cream
- 1 heaping Tbsp. unsweetened baking cocoa
- 2 Tbsp. [Pristine Whey Protein](#) or [Creamy Dreamy Plant Protein](#)
- 1/2 tsp. [sunflower lecithin](#)
- 2 tsp. THM [Super Sweet](#)
- a pinch of [mineral salt](#)



Put all the ingredients in the blender and zing them up!

Drizzle your favorite mug with Handy Chocolate Syrup, and pour in your latte. At this point if you would like your latte warmer go ahead and warm it up in the microwave.

Then top it with Zero Sugar Reddi Wip, more Handy Chocolate Syrup drizzle and a couple of Chocolate Covered Marshmallows.

enJOY!

