

# Hot Chocolate Cheesecake Coffee

THM-Friendly: FP

- 8 oz. of coffee or a double shot of espresso
- 1/2 cup nut milk
- 1 tsp. MCT oil
- 1 Tbsp. cocoa
- a pinch of mineral salt
- 1/4 tsp. sunflower lecithin
- 1-2 Tbsp. collagen
- one wedge of Laughing Cow cheese

Zing it up in a blender or your Ninja chopper. Warm it up, if necessary.

enJOY!

