

## Pumpkin Spice Trimmy Latte (Hot or Cold) - FP

This is a large, frothy Autumn-spiced Trimmy with all the goodness of festive spices that delight your taste buds this time of year. No need to feel deprived of your favorite seasonal treat!

Single Serve

### INGREDIENTS:

- 6-ounces [TH GuateMama Java](#) (strongly brewed)
- 6-ounces unsweetened almond, coconut or cashew milk
- 1/8 to 1/4 tsp cinnamon
- 1/8 tsp pumpkin pie spice or nutmeg
- 1Tbs [TH Gentle Sweet](#)
- 1/4 tsp [TH Natural Burst Vanilla Extract](#) (or extract of choice)
- 1 tsp coconut oil or MCT oil
- 1/2 to 1 scoop [TH Optimized Collagen](#) (or 2-4 tsp [TH Integral Collagen](#) or [TH Pristine Whey Protein Powder](#))



### DIRECTIONS:

1. Brew coffee. Add to small saucepan with nut milk and allow to heat.
2. Put all other ingredients (except whey protein in blender). Add coffee and almond milk mixture and blend for 20 seconds. Add whey protein (while blender is running if possible) and blend for another 10 to 15 seconds.
3. For an iced version, allow drink to cool a little then pour over ice.