**Coconut Mocha Frappuccino**

**(low-carb; no-sugar)**

***Recipe by Julieanne at Joy In Our Journey.com***

*A Coconut Mocha Frappuccino is just what I want to have when I'm craving for more complex tastes and textures in a protein-filled frozen blended beverage!*

Here's the recipe for two large servings:

* 2 cups almond milk
* 1/2 cup chilled coffee + optional 2 tsp. coffee extract (directions to make your own, [**here**](http://www.joyinourjourney.com/1/post/2013/10/homemade-coffee-extract-delicious-and-frugal.html))
* 1-2 scoops vanilla whey protein powder (no sugar added)
* 4 cups ice cubes
* 2 strips Lily's Chocolate (no sugar) or 2 squares Lindt 90% chocolate (contains small amount of sugar)
* 1 cup unsweetened flaked coconut\*; toasted or untoasted
* 2 tsp. vanilla extract
* 1/4 tsp. Celtic salt, Himalayan salt, or Redmond RealSalt
* 2 small shakes powdered stevia extract, or to taste
* 1/2 tsp. **glucomannan powder** or **xanthan gum** (optional - to improve texture)
* 2 Tbsp. non-GMO erythritol or xylitol

    **Toasted coconut has the same flavor as untoasted coconut, but it also has a caramelized nuttiness and a crisp-chewy texture that raw coconut doesn’t offer. It’s easy to toast unsweetened, flaked coconut at home!**

**Oven:**  spread shredded coconut in a thin layer on a baking sheet. Bake at 300° F for about 20 minutes, stirring every 5 minutes to make sure that the coconut browns evenly.

**Stove top:**  spread shredded coconut into a skillet and cook over medium heat, stirring frequently, until coconut is mostly golden brown.

**Microwave:**  spread some coconut in a thin layer on a glass/Pyrex pie plate or microwave-safe plate; cook on high, stirring the coconut every 30-45 seconds to ensure that it browns evenly and doesn’t scorch. Depending on how much coconut you’re toasting, you should be done in less than 3 minutes.  Stick with small amounts of coconut with the microwave method, and watch closely so it doesn't burn.

**Place all ingredients into blender *(halve the recipe if your blender won't handle this much at once)*.  Blend well.  Add additional sweetener, ice, or almond milk for your desired sweetness and thickness.  If desired, sprinkle tops of frappuccinos with toasted coconut or a dusting of cocoa powder.**

*\*Note:  By following these directions, you'll still have the texture of flaked coconut in your frappuccino, even using a Vitamix.  If you prefer a smoother texture, place unsweetened, untoasted coconut into a food processor and blend until "butter" is formed; this usually takes several minutes.*



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