

Healthy Low-Carb Blended Coffee Frappé

an inspiration from Julieanne at Joy In Our Journey.com

- **4 tsp. xylitol, erythritol, or sugar-free sweetener of choice**
(I love erythritol-based Swerve Sweetener!)
- **1/16 tsp. pure stevia extract powder** *(optional, for more sweetness)*
- **1 Tbsp. unsweetened cocoa powder** *(we love Trader Joe's brand; it just tastes better – and less bitter - to us!)*
- **just a bit more than 1/3 cup cold coffee** *(3 oz.)*
- **3 Tbsp. half and half**
- **¼ tsp. vanilla extract**
- **1 cup ice**
- **tiny pinch or sprinkle of salt**
- **1/32 tsp. xanthan gum or glucomannan powder** *(for a creamier texture)*



Add all ingredients to blender or Magic Bullet. Blend until smooth. Pour into glass.

Optional: top with stevia-sweetened whipped cream and no-sugar chocolate syrup.

Trim Healthy Mama also has additional smoothies and beverages for people who enjoy different flavor and taste experiences that contribute to weight loss. My advice for making their beverages and smoothies is this: make it to your own taste. Do you feel like it needs more salt or sweetener? Or something else? Add in extra amounts of ingredients to make it work for you!

