

MAPLE MOCHA FRAPPE



INGREDIENTS:

- 1/2 scoop Breakfast in Bed GLAM PRO
- 2 shots espresso
- 1/4 cup unsweetened nut/plant milk
- 1/4 - 1/2 tsp xanthan gum
- 1 tbsp unsweetened cocoa powder
- 1 tbsp sugar free syrup
- 1 cup ice
- 2 tbsp dair-free whipped topping

DIRECTIONS:

- 1) Blend all ingredients together (except whipped topping) on high for about 60 seconds.
- 2) Top with the whip and a sprinkle of cocoa powder!

Enjoy!



Makes 1 Serving

Calories: 90 | Protein: 9 g | Carbs: 9 g | Fat: 2 g | Fiber: 4 g