

Pumpkin Spice Frappa (THM FP)

Makes 1 serving

Ingredients:

- 2 Tbsp [Pumpkin Spice Syrup](#)
- 1/2 cup almond or cashew milk
- 1/2 cup water
- 2 pinches mineral salt
- Dash of vanilla extract
- 1/2 tsp glucomannan
- 1/4 cup Whey Protein (or 2 Tbsp of THM Creamy Dreamy Protein for DF)
- 18 ice cubes

Directions:

Place all ingredients into a blender, except for ice cubes and Whey protein, and blend until well combined.

Add in ice cubes and blend until smooth.

Add in the Whey Protein and blend for just a few seconds (the longer you blend the frothier it will be!)

Pour into a glass and enjoy!