

Trim Mama “Bailey’s” (THM S)

Yields Multiple Servings

Ingredients:

- 1/3 cup of THM Gentle Sweet (or Truvia)
- 1/4 tsp instant espresso powder
- 1/2 Tbsp cocoa powder
- 1 cup of heavy cream (see note for DF version)
- 1/2 tsp almond extract
- 1/4 tsp vanilla extract
- 3/4 cup Irish Whiskey

Instructions:

Add sweetener, espresso powder, cocoa powder, and heavy cream to a saucepan and bring to a boil. Allow to simmer for 10-15 minutes.

Remove from heat, add whiskey and extracts. Allow to cool.

Enjoy!

NOTE:

- For a Dairy Free version, you can use Silk Heavy Whipping Cream or use 1 cup of almond milk, 1/3 cup of coconut oil.
- Store this in your fridge to prevent spoiling. You may notice it settles into a pudding like consistency. Just spoon a bit into your drink and enjoy!