

Iced Protein Coffee

BEVERAGE Makes 1 Serving

A delicious iced coffee, just like your favorite coffee shop with a fraction of the calories and the benefit of added protein.

Ingredients

- 1 cup unsweetened almond or cashew milk
- 20g whey protein (mocha, caramel, etc)
- 4 oz strong brewed coffee, chilled
- ice

Directions

1. Add the milk and whey protein to a tall glass or shaker cup. Whisk or shake until well blended.
2. Add a handful or two of ice.
3. Pour the coffee into the cup and enjoy!

Notes

Use your favorite flavors of whey protein to create your unique drink; chocolate, vanilla, mocha, and caramel are great choices.

Some whey proteins mix better than others, you may need to try a few to find your favorite.

*Nutrition information is an estimate and will vary based on how accurately you measure ingredients and the brands of ingredients used.



Macros

Per serving

Calories : 104
Protein : 13.5 g
Carbs : 3.5 g
Fat : 3.5 g