



CARAMEL MACCHIATO PROTEIN COFFEE - SMOOTHIE

By Dr. Cindy Tanzar
(Standard)

Makes 1 serving and covers your protein.



INGREDIENTS

- 2 scoops Vanilla Protein Powder
- 1/2 cup unsweetened almond or coconut milk
- 8 oz. cold coffee
- 10 drops liquid caramel stevia
- 1 cup ice
- 1 tablespoon unsweetened cocoa powder (optional)

INSTRUCTIONS

Place all ingredients into a blender. Blend on high until creamy and frothy. Serve immediately.