

Protein Coffee “Latte”

Protein in the morning is a real booty-kicker. That is when I see people struggle the most with eating protein (myself included). Getting kids around, rushing out the door to our early jobs (because we wanted a little extra sleep...no judgement here), and having to grab a quick breakfast. BUT we all have time for our JAVA. So, what if we combined the two for a sweet, creamy protein-packed cup of java? I reveal the key to making NON clumpy protein coffee 😊

Ingredients:

16 oz Coffee
 1 scoop Protein Isolate (I use Vanilla Whey Isolate, but feel free to use another flavor)
 ½ cup Unsweetened vanilla almond milk (regular milk could work too)

Directions:

OPTION 1: Grab shaker cup and shake the 1 scoop of protein with the almond milk. Mixing the protein with a **cold** liquid, such as milk, FIRST in a blender bottle is key to having non-clumpy protein coffee. Once protein powder is dissolved in the milk, pour and stir into hot coffee.

OPTION 2: Place all ingredients into an electrical blender. Blend on high for 20-30 seconds. I have the Ninja Blender with the individual cup, so I use that. This method also makes the top a little frothy (YUM).

Servings: 1 latte (using Whey Isolate with 23 grams protein per scoop. Adjust calories and macronutrients based on your protein of choice)
 Serving size: 16 oz latte

Protein Coffee Latte		
Nutrition Facts		
Serving Size: 1 Latte		
Amount Per Serving	% Daily Value*	
Calories	162.2 kcal	8 %
Total Fat	3.3 g	5 %
Saturated Fat	1.1 g	6 %
Trans Fat	0 g	
Cholesterol	55 mg	18 %
Sodium	180.7 mg	8 %
Total Carbohydrate	9.2 g	3 %
Dietary Fiber	1.3 g	5 %
Sugars	4.2 g	
Protein	24.1 g	48 %
Vitamin A	5 %	• Vitamin C 0 %
Calcium	40 %	• Iron 5 %
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.		
Full Info at cronometer.com		</>