



## Coffee Protein Whip

*For this recipe, we grabbed our favorite protein powder and made a shake to substitute the whole milk base used in the original whipped coffee recipe. Then, the fun part - the whipped coffee topping! We guarantee you will love this!*

### Ingredients:

- 2 tbsp instant coffee
- 2 tsp sugar substitute
- 2 tbsp hot water
- Make a protein shake as normal (water and protein powder)

### Directions:

- Begin by preparing your protein shake.
- Add the desired amount of water and protein powder to your blender bottle and shake until fully mixed.
- Pour into a glass over ice to chill while the topping is being prepared.
- In a medium bowl, pour in the instant coffee, sugar substitute and hot water.
- Grab your whisk or hand mixer and beat until you see peaks of coffee whip begin to form.
- Once formed, scoop the topping over tyour protein. Serve and enjoy immediately!

“3 months from now, you’ll thank yourself.”

