



Protein Shake

Tired of the same old song and dance when it comes to your daily protein shake? We set out to find several new powders, add-ins and more to keep your taste buds engaged, excited, and awake!

Ingredients:

(A blender is needed for this recipe)

- 5-10 Ice Cubes
- 1 cup of Coffee
- 1 cup of Milk
- 1 tsp Nescafe' Chocolate Packet
- ¼ cup Protein Powder
- 1 tsp Sugar-Free Hazelnut Syrup

Alternative Ingredients:

- Strawberry Chocolate Smoothie
 - ½ Packet of Crystal Light: Wild Strawberry
- Peanut Butter Chocolate Smoothie
 - 2 Tbsp of Peanut Butter Powder
- Chocolate Cherry Smoothie
 - MiO Energy: Black Cherry (to taste)

Directions:

- Add ice cubes, coffee, milk, nescafe' powder, protein powder, and hazelnut syrup into a blender.
- Blend until smooth.
- Add alternative ingredients if desired and blend into mixture.
- Pour into single-serve cup or bottle; refrigerate remaining mixture for later enjoyment.
- Enjoy!

“I am creating a body that I enjoy living in.”

