

Vanilla & Coffee Protein Smoothie

Ingredients

- ✓ 1/4 cup (60ml) espresso
- ✓ 1 2/3 cup (400ml) almond milk
- ✓ 2 scoops vanilla whey
- ✓ 2 tsp. cinnamon
- ✓ 2 tbsp. flax seeds
- ✓ handful ice



Procedure

1. Place all ingredients in a high-speed blender and mix until smooth. Serve cold in a glass.

Serves 2

Preparation/Cook Time and Macros Breakdown

Prep	Cook	Calories	Fats(g)	Carbs(g)	Protein(g)
10 mins	0 mins	174	6	4	26