



**VANILLA & COFFEE
PROTEIN SMOOTHIE**

VANILLA & COFFEE PROTEIN SMOOTHIE



Serves: 2
Prep: 10 mins
Cook: 0 mins



Nutrition per
serving:
174 kcal
6g Fats
4g Carbs
26g Protein



WHAT YOU NEED

- 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

WHAT YOU NEED TO DO

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