

GLAM PRO LATTE



INGREDIENTS:

- 1/2 scoop GLAM PRO (flavor of choice)
- 1 cup hot brewed coffee
- 1/4 cup nonfat milk, coconut milk, or oat milk (dairy milk IS recommended)

DIRECTIONS:

- 1) Stir the Glam pro powder into the hot coffee until all mixed in.
- 2) Pour the Milk into a jar, put the lid on, and shake it for about 20 seconds, until it bubbles up to the top.
- 3) Take the top off of the jar and microwave the milk for 20 - 30 seconds (check at 15 seconds to make sure it doesn't spill over if you are using a small jar)
- 4) Use a spoon to hold back the foam that has formed at the top of the milk and pour the milk into the coffee.
- 5) Then top the coffee with the foam.

Enjoy!

Makes 1 Serving

Calories: 55-65 | Protein: 9 g | Carbs: 5 g | Fat: 0-1 g