

PROTEIN WHIPPED COFFEE



INGREDIENTS:

- 1 tbsp Breakfast in Bed Glam Pro
- 1tbsp instant coffee
- 1.5 tsp brown sugar
- 1/2 tbsp hot water
- 3-4 ice cubes
- 1 cup unsweetened cashew milk

DIRECTIONS:

- 1) Add GLAM PRO, instant coffee, and brown sugar to a deep bowl or mug
- 2) Add hot water, use a whisk or electric mixer to combine
Note: at first mixture will be really thick, continue to whisk well and it will begin to thin
- 3) Continue to whisk until you get creamy and thick consistency that's much lighter in color (~5-15 minutes)
Note: If after mixing for ~5 minutes the mixture is not thickening cooling may help speed up the process. Refrigerate for 5-10 minutes then continue to whisk
- 4) Add ice cubes and milk to a mug
- 5) Top with protein whipped coffee, stir in, and enjoy!

Makes 1 Serving

Calories: 86 | Protein: 8 g | Carbs: 9 g | Fat: 2 g