



Coffee Protein Shake

Combine ingredients in a Protein Shaker or blender and blend until smooth

Ingredients

8 oz milk (chocolate is better, but any dairy or non-dairy milk is OK)
1 scoop protein powder (vanilla is better, but any flavor should work)
Some coffee ice cubes or your choice of coffee + optional ice cubes

For special treat: decorate the top of your serving Mason Jar with white marshmallow, chocolate drop, chocolate syrup and mint leaves