

Vanilla & Coffee Protein Smoothie

Serves 2

- ¼ cup (60ml) espresso
- 1 ⅔ cup (400ml) almond milk
- 2 scoops vanilla whey
- 2 tsp. cinnamon
- 2 tbsp. flax seeds
- handful ice

What you need to do

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



GF	LC	V	Q	N						
					Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
					10 mins	0 mins	174	6	4	26

*Nutrition per serving

