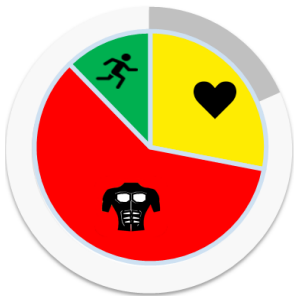




PROTEIN FRAPPUCCINO

SERVES 1 **PREP** ~ 2mins **SUITABLE FOR:** Vegan, Gluten Free

A delicious iced coffee that helps you look & feel great. The almond milk & protein powder provide Vit A, D & E which help us to look good, & the high protein content will help us stay lean. The caffeine also provides a little pick-me-up. What better way to cool down on a hot day.



NUTRITION INFO

Health Score 2.9. High in Vit B2, Vit B5, Vit A & Vit D

Kcal	Carbs	Sugar	Protein	Fat	Sat Fat	Fibre
165.9	5.3g	3.9g (4.3%)	25.7g	3.7g	0.4g (1.9%)	2.8g (7.3%)

INGREDIENTS

- 1 Cup Almond Milk
- 1 Scoop (~20g) Vanilla Whey protein or vegan alternative
- 1 Cup Ice Cubes
- 1 Cup Brewed Coffee

METHOD

1. Add all ingredients to a blender, blend until smooth

