



ALTERED ATHLETICS

PROTEIN ICED COFFEE (HOMEMADE)

Calories: 90-110

Protein: 10-12g | **Carbs:** 2-4g | **Fat:** 1-2g

Ingredients:

8 oz brewed coffee (chilled)

10g vanilla whey or collagen protein
powder

30g unsweetened almond milk

Ice & stevia (optional)

Directions:

Mix together and enjoy chilled