



Horchata-Style Iced Protein Coffee



Entire recipe (about 12 oz.): 168 calories, 3.5g total fat (0.5g sat. fat), 165mg sodium, 16g carbs, 1g fiber, 1.5g sugars, 19.5g protein

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Prep: 5 minutes



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Ingredients

- 1 1/2 tsp. instant coffee granules
- 1/2 tsp. cinnamon
- 1 cup unsweetened rice milk (like [the kind by Dream](#))
- 5 tbsp. (about 1 oz.) [vanilla protein powder](#)
- 1/4 tsp. vanilla extract
- Optional: no-calorie sweetener

Directions

In a shaker bottle (or tall glass), combine coffee granules, cinnamon, and 1 oz. hot water. Stir to dissolve coffee.

Add remaining ingredients. Shake (or mix with a frother) until well mixed with no clumps.

Serve over ice.

MAKES 1 SERVING

HG Alternative: Feel free to use unsweetened almond milk or your milk of choice instead of rice milk.

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