

# Vanilla Coffee Espresso



## Ingredients:

1 oz. vanilla protein powder (about 1 scoop)  
1 tbsp. almond butter  
2 tbsp. espresso (1 shot) or  
(2 tsp. instant espresso powder)  
1 1/2 cups unsweetened almond milk  
or skim milk  
5 ice cubes  
1 tbsp. cocoa powder, cacao nibs, chia seeds,  
or ground flax seeds (optional)

## Nutritional Information:

- Calories: 302
- Fat: 14g
- Saturated Fat: 1.5g
- Cholesterol: 5mg
- Sodium: 350mg
- Potassium: 638mg
- Carbohydrates: 16g
- Fiber: 2.2g
- Sugar: 12g
- Protein: 28g

## Instructions:

Place protein powder, almond butter, espresso and milk in a blender.

Add ice and cover and blend until well mixed.

Add any or all optional ingredients for extra kick!

Serve immediately.

**This delicious recipe brought to you by:**

<https://naturaldelights.com/recipes/vanilla-coffee-and-medjool-date-protein-shake>