

Peppermint Mocha



Ingredients

For 1 serving

- 1/2 or 1 Chocolate Protein Shake

Pre-mixed cartons:

Quest, MRE, Premium Protein, etc

- 8-10 oz Black Coffee (Hot or Cold)
- 1/4 tsp Peppermint Extract

Directions

1. Brew black coffee if needed (if coffee was bought or pre made skip to step 2)
2. Add protein shake to coffee (try with 1/2 shake before adding full container)
3. Add 1/2 tsp peppermint extract and stir well

You may need to heat coffee not long after you mix it up if the protein shake is cold, it will cool it down a lot!

