

Protein Tea Latte



Ingredients

For 1 serving

- Favourite herbal, chai or earl grey tea
- 75g-80g Unsweetened Almond Milk or Cashew Milk

(if you like milk with your teas)

- 20g Protein Powder
- Milk Frother

Directions

1. Steep your favorite herbal, chai or earl grey tea (as per instructions)
2. Add Steeped tea with unsweetened almond milk or cashew milk (optional)
3. Then add protein powder and mix well with milk frother/blender

**Use a large mug

Sometimes the protein powder will settle so just stir a little to mix back!

For a chai latte pair your favorite chai with a snickerdoodle protein powder

For a pumpkin pie latte pair a pumpkin chai with the pumpkin pie protein powder

For a herbal/fruit infused tea pair with a vanilla or cake pop protein powder

For London fog pair your favorite earl grey with a vanilla protein powder

For a terry's chocolate orange latte pair sunny C tea (davids tea) with chocolate protein powder

