

TASTY SHAKE RECIPES

Easy and delicious ways to put more healthy protein into your diet every day.



High Protein Peppermint Mocha

INGREDIENTS:

1 Premier Protein® Chocolate Shake

3 tsp sugar free chocolate syrup or topping

1 serving instant coffee

1/2 tsp peppermint extract, more or less to taste

(optional) 1 dollop of sugar free whip cream

DIRECTIONS:

Pour Premier Protein® Chocolate Shake and sugar free chocolate syrup or topping into a large microwave safe mug and microwave on high for approximately 45 seconds.

Note, do not bring to a boil. Remove from microwave and add instant coffee and peppermint extract. Stir to combine.

Optional topping, add a dollop of sugar free whip cream. Enjoy!