

WHIPPED COFFEE



Here's how to make it:

Ingredients:

- 2 T. instant coffee or espresso granules (I used espresso)
- 2 T. cold water
- 1 T. Stevia or Splenda granular
- 1 Ideal Protein pre-made shake (any flavor, I used vanilla)
- Ice cubes

Directions:

1. Place instant coffee granules, water and sugar sub in a small mixing bowl.
2. Using an electric hand mixer, beat on high speed until foamy and whipped. (This took about 2-3 minutes.)
3. Pour vanilla protein drink or almond milk in a clear glass over ice. Spoon whipped mixture over the top and admire for a few minutes. 😍

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