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Coffee Breakfast Smoothie

Ingredients

1 scoop RSP TrueFit vanilla protein
6 oz. strong coffee
1/4 cup skim milk
1/4 cup oats
Handful of ice

Directions

1. Place all ingredients in a blender and blend to a smooth consistency. If the smoothie is too thick, add liquid. You can also substitute water or whole milk for the skim milk, depending on your goals and taste preferences.

Serving size: 1 recipe

Recipe yields: 1 serving