



Muscle-Building Coffee

Ingredients

Coffee of choice 1-2 cups

Protein powder 1 scoop

Low-fat (1%) milk 1/2 cup (optional)

Directions

1. Brew coffee as usual.
2. Add protein powder and milk. Shake, taking care to hold the top closed. Otherwise, explosions can occur!

Nutrition Facts

Serving size: 1

Recipe yields 1 serving

Calories 170

Fat 4 g

Carbs 8 g

Protein 28 g