

Blueberry pie latte protein shake

Prep Time:5 min Total Time:5 min

Serves 1

Ingredients

- 6 oz cold coffee*
- 40 grams vegan protein powder**
- 1 TBS nut-butter***
- 1/4 cup frozen blueberries
- 1 TBS granola
- 1/2 tsp cinnamon
- handful frozen ice cubes

Notes

- optional ingredient: handful of spinach
- *I use my leftover coffee from the morning, chilled in the fridge about an hour OR you can use your choice of milk
- **About 2 scoops, but this depends on your protein powder. I use Skoop protein powder
- ***I used my snickerdoodle cashew butter