



Red Eye Protein Shake

Makes 1 serving

Ingredients:

½ cup milk (we use 1% milk, but almond milk is excellent with this shake)
½ cup iced coffee
½ scoop of Optimum Nutrition Gold Standard Whey-Chocolate
1 tsp. Optimum Nutrition Creatine (optional)

Preparation:

1. Pour ingredients into shaker bottle and shake until blended

Macros:

Calories: 115 Fat: 2g Carbs: 8g Protein: 16g