

Caramel Latte Iced Shaken Espresso

Prep Time
5 minutes

Makes
1 serving



Ingredients

- 2 scoops of Caramel Latte High Protein Meal Replacement Powder
- 1 cup milk of choice
- 1 shot espresso (this can be freshly brewed, instant coffee, or instant espresso)
- 1 cup ice
- 1–2 tbsp sugar free caramel syrup or drizzle (optional)

Directions

1. Brew shot of espresso
2. Take your milk, espresso, and Caramel Latte High Protein Meal Replacement Powder and shake in a shaker bottle or shaker
3. Get a glass and drizzle caramel on the edges or add a pump of syrup
4. Add ice to glass
5. Pour shaken espresso over ice
6. Serve and enjoy