

## **JAVA JIVE PROTEIN SHAKE**

*Soy-Free. DF. GF. Vegan.*

### **What You'll Need:**

- 8 oz coffee
- 1 scoop chocolate or vanilla protein
- 1 tbsp chia seeds
- 1 cup ice
- 1 cup almond milk (or a milk of your liking)
- 1 packet of monk fruit or stevia
- 1/8 tsp cinnamon

*Pour coffee in shaker first. Then add chia seeds, protein powder, sweetener, cinnamon. Fill the shaker with ice and fill the shaker with milk.*

*Shake it up, pour & enjoy!*

*Easy breezy & oh so delicious!*