



Iced Chai Protein Drink

Macros: 205 Calories; 27g Protein; 18g Carbs; 5g Fat

Ingredients

$\frac{1}{2}$ cup cold skim milk
 $\frac{1}{2}$ cup chai tea concentrate
1 scoop vanilla protein powder

Directions

1. Place all of the ingredients in a blender. Blend on medium speed until smooth and slightly frothy (about 30 seconds).
 - a. Pour over ice if desired