



INVICTUS
SPORTS PERFORMANCE & FITNESS



ICED CHAI PROTEIN DRINK

205 Calories | 27g Protein | 18g Carbs | 5g Fat

INGREDIENTS

- ½ cup cold skim milk
- ½ 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).
2. Pour over ice if desired.