2B MINDSET®

PROTEIN SIDES

Iced Coffee Shakaccino

(MAKES 1 SERVING)

TOTAL TIME: 5 MIN.
PREP TIME: 5 MIN.
COOKING TIME: NONE



½ cup / 120 ml	**brewed coffee, chilled**
¼ cup / 60 ml	**low-fat (1%) milk**
1 cup / 170 g	**ice**
1 scoop	**Chocolate Shakeology**
1 cup / 85 g	**frozen cauliflower rice**
¼ tsp.	**caramel extract (or pure vanilla extract)**
1 dash	**liquid stevia (or monk fruit sweetener) (optional)**
1 pinch	**ground cinnamon**

1. Add coffee, milk, ice, Shakeology, cauliflower rice, extract, stevia (if desired), and cinnamon to a blender; cover. Blend until super-smooth. Serve immediately!

Tips:

- To make this a full breakfast, pair with an FFC of your choice (apple, banana, whole-wheat toast with almond butter, etc.)
- Feel free to add ¼ tsp. xanthan gum for a creamier drink.
- You can also substitute frozen zucchini for the cauliflower rice.

Recipes containing the F icon are Fantastic Fiber recipes containing at least 6 g of fiber per serving.

Recipes containing the GF icon are designed to be Gluten-Free and contain no gluten. If you are following a gluten-free diet, remember to check all labels to confirm your ingredients are 100% gluten-free, since foods are often processed at facilities that also process wheat and other grains.

Recipes containing the P icon are Protein Power recipes containing at least 10 g of protein per serving.

Recipes containing the QB icon are designed to be made in less than 15 minutes and require little to no cooking.

Recipes containing the VG icon are designed to be Lacto-Ovo vegetarian and contain no poultry, meat, or fish. Please read product labels for each ingredient to ensure this to be the case.

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