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Arbonne coffee protein powder recipes

Jun 21 2016 Can't decide between a yummy coffee drink and a filling protein shake? You don't need to! Break out your blender for the ultimate 2-in-1 beverage. It's like a low-calorie Frappuccino with a protein boost... Entire recipe (about 16 oz.): 121 calories, 3g total fat (0.5g sat fat), 150mg sodium, 6g carbs, 1g fiber, 1.5g sugars, 20g proteinGreen Plan SmartPoints® value 2*Blue Plan (Freestyle™) SmartPoints® value 2*Purple Plan SmartPoints® value 2* Prep: 5 minutes 1 1/2 tsp. instant coffee granules 1/2 cup unsweetened vanilla almond milk 1/4 cup plus 2 tbsp. (about 1 standard scoop or 2 small scoops) vanilla protein powder with about 100 calories per serving (like the kind by Quest Nutrition or Tera's Whey) 1/4 tsp. cinnamon 1 1/2 cups crushed ice (about 12 ice cubes) Optional: 1 natural no-calorie sweetener packet Optional topping: natural light whipped topping (like So Delicious Cocowhip Light) Directions: In a tall glass, combine coffee granules with 1/4 cup hot water. Stir to dissolve. Transfer coffee mixture to a blender, along with remaining ingredients. Blend at high speed until smooth, stopping and stirring if needed. (The longer you blend it, the bigger and frothier it'll get.) MAKES 1 SERVING Thirsty for More? FYI: As an Amazon Associate, we may receive compensation from some of these links. Happy National Peaches & Cream Day, June 21st. A scoop of vanilla Greek fro yo over these Slow-Cooker Scalloped Peaches would be divine... Make sure everyone has a good coffee buzz -- click "Send to a Friend" now! We may have received free samples of food, which in no way influences whether these products are reviewed favorably, unfavorably, mentioned with indifference, or mentioned at all. Click for more about our editorial and advertising policies. SmartPoints® value* not what you expected? We follow the same method as WW (formerly known as Weight Watchers) when calculating the value of a recipe: We add up the SmartPoints® values* of the individual ingredients using the Recipe Builder, not the calculator. (Many foods have a value of zero and remain zero in recipes.) *The SmartPoints® values for these products and/or recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by WW International, Inc., the owner of the SmartPoints® trademark. Hungry Girl provides general information about food and lifestyle. This information and any linked materials are not intended and should not be construed as medical advice, nor is the information a substitute for professional medical expertise or treatment. Click here for more information. Skip to main content text.skipToNavigation I find that protein wakes up my brain and gets me ready for the rest of the day. -Marisa Tomei Let me open by saying, everyone needs a friend like Sarah in their life. Sarah is this incredibly sweet girl I work with/bother on a daily basis with all of my health questions. She is the one that told me about my new love PB2 & while we were in Indiana earlier this year for training, introduced me to my new go-to breakfast treat! We had been in Indianapolis for almost a week and were over the sight of eggs, bacon & hash browns that was served every morning. I am not typically a heavy breakfast eater so having a heavy breakfast almost every morning for a week almost killed me. I needed something light, filling and I needed it now! Thankfully Sarah was feeling the same way, so she suggested we grab bananas & go down to the Starbucks in our hotel to see if they would make us a protein shake. I grabbed 2 bananas from our breakfast buffet and immediately followed. She proceeded to ask for 2 breakfast protein shakes...aka a scoop of protein blended with cold brew coffee and a banana. IT WAS A GAME CHANGER! No really, it was thick like a milkshake but filled me up to where I was still full at lunch. I got my coffee, protein & breakfast necessities all in one trenti sized Starbucks cup! Her coffee protein shake helped inspire my now every morning breakfast shake. No lie, I make one of these suckers every single morning and drink it on the way to my first office. Sarah, you're a genius! How to make my go-to Coffee Protein Shake: First add ice into your blender (**this helps in the blending process, the lower the ice is the easier it is for the blender to crush). Next, add one heaping scoop of protein powder. My favorite is this Six Series Elite Whey Protein, it is smooth, has less than a gram of sugar & is not chalky tasting like most proteins. Slice up a banana & add it to the blender. Top with coconut milk or your favorite non-dairy creamer! And finally, add about 1/2 cup of chilled/cold coffee to your blender. Place the top on your blender & let it go to work. Blend on high for about 2 minutes until milkshake consistency is found. Pour your coffee protein shake into a travel friendly jar or tumbler, secure the lid and you are ready to go! This protein shake has little to no sugar, requires zero effort to make & can be enjoyed at home or on the road depending on your morning commute. If you are like me and need a hearty (not heavy) breakfast, give this Coffee Protein Shake a try! ENJOY! 8 oz brewed coffee, chilled 1 scoop protein powder (your favorite flavor) 1 large banana 1 cup ice (10-12 cubes) 1 splash coconut milk, non-dairy creamer First, if you brewed fresh coffee, set aside 8oz of coffee to cool (this is about 3/4 coffee cup worth of coffee). Slice banana into 4-8 small pieces. Follow by adding cooled coffee, a heaping scoop of protein powder, the banana & a splash of coconut milk into the blender. Blend on high for 1-2 minutes until a frothy shake is formed. Pour into a large cup with a lid, serve & enjoy! The Spruce / Julia Hartbeck This satisfying and delicious shake doubles as a nutritious breakfast and an amazing afternoon pick-me-up. Filling, flavorful, and high in protein thanks to the addition of powdered protein, our shake is also a breeze to make. The beautiful flavor combination of Chocolate and coffee comes together in our easy recipe. If you struggle in the morning and can't find something to eat, but love coffee, look no more. Our basic recipe can be a starting point for further experimentation. In the summertime, any leftover shake can be poured into popsicle molds and eaten as a healthy snack when a sugar craving hits. Also, try this smoothie as a post-workout treat. We recommend using strong brewed coffee so the shake won't taste watered down. For easy assembly, try brewing a pot of strong coffee and freezing it into ice trays. Alternatively, buy cold-brewed coffee and have it in your fridge so you don't even have to think about coffee machines or French presses. 3/4 cup strong brewed coffee, chilled 1/2 cup whole milk 2 scoops chocolate protein powder 2 cups ice 2 tablespoons chocolate syrup Gather the ingredients. The Spruce / Julia Hartbeck Add the liquid ingredients into the blender. If using chocolate syrup, add it as well. If you add the protein powder to the blender first, it will stick to the bottom of the blender and incorporate poorly. The Spruce / Julia Hartbeck Add the protein powder and ice cubes. The Spruce / Julia Hartbeck Blend the mixture on high until completely blended. The Spruce / Julia Hartbeck Pour into glasses and serve immediately. The Spruce / Julia Hartbeck Enjoy! It depends on your needs and likes. It also depends on your dietary restrictions, if any, and your lifestyle. The market for protein powders has grown in the past few years so you can find many brands that cater to your specific goals. Many come from milk, many others from plant-based sources, while others are plant-based but also gluten-free, and yet others are gluten-free but have soy. The choices are many, and you have to try and see which one you like, as their textures, flavors, and protein contents vary greatly from one brand to the next. The best protein powder for you is the one that you like best, although the fewer additives and ingredients that you can't pronounce, the better. This recipe is the perfect basic smoothie to which to add and substitute ingredients to your liking and nutritional needs: Replace one cup of ice with one frozen banana for a creamier texture. The frozen banana will also add some sweetness. Use 4 ounces of chilled espresso for a stronger shake. Or, if you're looking for coffee flavor without the buzz, use decaf. Use plant-based milk like almond, hazelnut, or cashew to make this recipe vegan-friendly. Be mindful that if trying to make the recipe vegan you need to use a plant-based protein powder as well, as most commonly found protein powders are milk-based. Use whole milk for a creamier texture, or skim or non-fat for a low-cal version. Add cocoa nibs for an extra chocolate touch. For a dessert version, add a handful of chocolate chips when serving and dust the rim of the glass with instant coffee. Add extra protein and flavor with 2 tablespoons of nut butter. Although it sounds like an odd combination, adding peanut, almond, or cashew butter to this recipe makes the smoothie extra silky and creamy. It's also a nutritional powerhouse, as most nut butters have an average of 8 grams of protein per 2 tablespoons. Add whipped cream and dust with cocoa powder for a beautiful presentation. Add 1/2 cup of rolled oats into the preparation. Oats incorporate rapidly and add a lot of body to the smoothie. The result is a creamy beverage with added protein—think 5 grams of protein in that 1/2 cup. Rate This Recipe I don't like this at all. It's not the worst. Sure, this will do. I'm a fan—would recommend. Amazing! I love it! Thanks for your rating! The Spruce Eats uses only high-quality sources, including peer-reviewed studies, to support the facts within our articles. Read our editorial process to learn more about how we fact-check and keep our content accurate, reliable, and trustworthy. Oats, Rolled. FoodData Central. United States Department of Agriculture.

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