



## Protein Chai Tea

- *Protein Chai Tea*
  - *½ glass, cup, or mug of chai tea*
  - *¼ -1 cup water mixed with ½ scoop vanilla protein powder*
  - *Cinnamon*

For this recipe, brew your tea as you normally would, but fill your glass or mug only until it's half full. In a separate bowl or container, mix ½ a scoop of vanilla protein powder with anywhere from a ¼ to a full cup of water.

Pour that mix into the chai tea, sprinkle some cinnamon on top, and then relax! Chai tea with protein powder is one of the fastest and easiest ways to boost your protein intake for the day without adding any fat or carb calories.