

Iced Dirty Chai



COURSE

Breakfast, Gluten Free, Shakes, Snacks



SERVINGS

7

CALORIES

202 kcal

INGREDIENTS

- 14 c vanilla coconut milk from carton
- 7 Tbsp vanilla protein powder
- 10 chai tea bags
- 2-6 tsp stevia to taste
- 3 ½ c cold coffee

INSTRUCTIONS

1. Bring coconut milk to boil in a saucepan. Add tea bags. Remove from heat. Stir in stevia and cover. Let cool.
2. Strain out tea bags and mix with cold coffee and protein powder. Keep in a pitcher in the fridge.
3. To serve, pour 2 ½ c of the mixture over ice.

NUTRITION

Nutrition Facts

Iced Dirty Chai

Amount Per Serving (1 g)

Calories	202	Calories from Fat	81
% Daily Value*			
Fat	9g	14%	
Carbohydrates	18g	6%	
Protein	12g	24%	

* Percent Daily Values are based on a 2000 calorie diet.



Tried this recipe?
Let us know how it was!