



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!