

Protein Iced Coffee



Looking for a refreshing drink to start your day off right or a satisfying summer snack? This protein iced coffee combines the boldness of coffee with the natural sweetness of dates and the creaminess of high-protein milk. Easy to prepare, it's perfect for an active morning or an [energizing pre-run snack](#)! Created by a nutritionist, this recipe could quickly become part of your summer routine.

Preparation 5 min
Cooking 0 min
Servings 1
Nutrition Facts (per serving)
Calories 200
Fat 5
Carbohydrates 21
Fibre 1
Protein 18
Sodium 80

Ingredients

- 1 double espresso (60 ml / ¼ cup)
- 250 ml (1 cup) 2% high-protein milk
- 2 fresh dates, pitted*
- 5 ml (1 tsp) vanilla extract

Preparation

1. Place the double espresso, protein milk, dates, vanilla extract, and ice cubes in a blender.
2. Blend on high until smooth and uniform.
3. Serve immediately in a large glass.

Notes

Keeps for 5–7 days without the ice cubes. Best consumed immediately.

*If your dates are dry, soak them in hot water for 5 minutes before using.



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