

## High Protein Café Latte



### Ingredients:

- ½ cup of your favorite decaf coffee
- Vanilla protein shake \*  
(This recipe uses premier vanilla protein shake)

\* Make sure to wait at least 3 months post-op to enjoy decaf coffee. It can inhibit the absorption of Calcium and Iron

### Directions:

1. Brew ½ cup of your favorite coffee.
2. Add 6 oz. of a vanilla protein shake
3. Stir and enjoy
4. Sip the rest of the protein shake as desired to get the recommended amount of protein.

### Nutrition Information:

Serving size\*: 1

Calories per serving: 80

Total protein per serving: 15g

Servings per recipe: 1

Total fat per serving: 1.5 g

Total carbohydrates per serving: 2 g

### Nutritional Benefits:

Using a protein shake, instead of milk or creamer, instantly adds protein to your morning indulgence.

\*Serving size that is suggested for post-operative bariatric patients

Image: Google (labeled for reuse)