

Optimized Chocolate Latte (FP)

I typically use my Chocolate Optimized Whey Protein Powder in nut milk, but on a whim, when I wanted something just a bit different, I created this creamy, frothy latte delight! I have a Breville espresso machine at home that heats and froths milk, but you can use whatever method works best for you. Two tablespoons of Optimized Whey in this latte makes for a nice side to a snack or meal. Use a full 4-tablespoon serving, and you'll get all your recommended protein in one delicious cuppa joe! ~ Pearl

Single Serving

INGREDIENTS:

- 1 - 2 shots of espresso with additional ½ cup hot water
- 2 -4 Tbs [TH Chocolate Optimized Whey Protein Powder](#)
- ½ cup unsweetened almond milk
- 2 Tbs Nutpods (plain flavor)
- on plan sweetener, if desired, to taste

DIRECTIONS:

1. Using your desired method, heat and froth up the Optimized Whey with the almond milk and Nutpods.
2. The Optimized whey is already sweetened, but if you like your lattes extra sweet, you can add an on plan sweetener of choice. If using the full 4-tablespoon serving of Optimized Whey, extra sweetener shouldn't be needed.
3. Pour over hot espresso and enjoy!

