

# Vanilla Latte Meal Replacement Shake



*This shake is the perfect recipe for your morning pick-me-up coffee drink!*

YIELD 1 SERVING	PREP TIME 5 MIN	TOTAL TIME 5 MIN
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## INGREDIENTS

1 cup	Water
1 packet	Vanilla Meal Replacement, such as Unjury French Vanilla
2 – 3 tsp	Instant Coffee, powdered
¼ cup	Ice (optional)

## CHEF'S NOTES

2 tsp instant coffee is roughly equivalent to 1 packet or an 8 oz. cup of coffee, but feel free to adjust the amount used based on your taste preference.

Try this recipe with a chocolate meal replacement for a mocha latte flavor.

## DIRECTIONS

1. Gather all necessary equipment and ingredients.
2. In a personal smoothie blender, add the ingredients in the following order: water, meal replacement, instant coffee, and ice, if using.
3. Blend on high speed until smooth and creamy, about 30 seconds. Serve immediately.

# Nutrition Facts

1 servings per container

**Serving Size** 1 shake (290 g)

**Amount per serving**

**Calories** 200

**% Daily Value \***

**Total Fat 5g** 6%

Saturated Fat 0g 0%

*Trans* Fat 0g

**Cholesterol 5mg** 0%

**Sodium 150mg** 7%

**Total Carbohydrate 12g** 4%

Dietary Fiber 3g 11%

Total Sugars 3g

Includes 2g Added Sugars 4%

**Protein 26g** 52%

Vitamin D 0.25mcg 0%

Calcium 850mg 65%

Iron 9mg 51%

Potassium 200mg 5%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

