



the healthy chef

ICED MOCHA LATTE



By Teresa Cutter - "The Healthy Chef"®



The coffee will give your body a good dose of caffeine that will help stimulate brain activity + jumpstart your work out giving you more power + endurance. The Bsc chocolate protein powder + skim milk will provide your body with the amino acids needed to repair + build muscle whilst helping you to shred body fat.

Serves 1

- ½ cup (125 ml) strong brewed coffee
- ½ cup (125 ml) cold skim milk
- 2 scoops Bsc chocolate flavor protein powder
- Ice to blend

Combine all the ingredients into a blender and blend until smooth and creamy. Drink immediately and enjoy.

More of Teresa's recipe's can be found at:
www.thehealthychef.com.au / www.teresacutter.com



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