

POWER-PACKED FRENCH VANILLA FRAPPE



INGREDIENTS

8 oz of unsweetened vanilla almond milk
1 scoop GYF Coffee + Collagen
1 scoop of any Vanilla GYF Protein
6-8 ice cubes
1/4 cup fat-free vanilla Greek yogurt (*optional*)
Top with fat-free whipped cream (*optional*)



DIRECTIONS

Combine the ingredients in a blender.

Blend until all ingredients are mixed.

Enjoy every morning to support muscles, boost energy, & jump start your metabolism! It's high protein & energy content makes this a great pre-workout frappe!

NUTRITIONAL FACTS

Calories - 193 Fat - 3g Carbs - 9g
Fiber - 2g Sugars - 5g Protein - 35 g
(with yogurt)

