



Empowered Physical Therapy & Wellness, LLC

- 2 scoops of chocolate protein powder (I use Premier Protein)
- Several ice cubes
- 8 oz Coconut/Almond Milk (I use Califia Farms Coconut/Almond Blend)
- 1 tsp Vanilla Extract
- ¼ tsp Peppermint Extract

Add all ingredients to your blender and blend for a minute until it's well blended. Enjoy!