

# GOLDEN MILK PROTEIN LATTE



## INGREDIENTS:

- 1 scoop Birthday Bliss Glam Pro
- 1 cup unsweetened milk of choice
- 1/4-1/2 tsp turmeric
- 1/4 tsp cinnamon
- Optional: 1/4 tsp cardamom powder

## DIRECTIONS:

1. Heat milk in the microwave ~ 1 min.
  2. Add all ingredients to a single serve blender and blend until well combined
- Enjoy!



Makes 1 Serving

Calories: 112 | Protein: 15 g | Carb: 7 g | Fat: 3 g | Fiber: 1 g