

Proffee (Protein Coffee)

Make TikTok viral Proffee at home! This protein coffee combines cold brew with protein powder for a delicious pre/post-workout drink. Ready in 5 minutes.

5 min

PREP

5 min

COOK

10 min

TOTAL

1

SERVINGS

Easy

DIFFICULTY

Proffee (Protein Coffee)

Ingredients

- 1 cup cold brew

Instructions

- 1 Prepare the coffee**
Brew 1 cup of strong coffee using your preferred method and let it cool to room temperature, about 15-20 minutes, or use cold brew coffee.
- 2** Fill a large glass with ice cubes, leaving about 2 inches of space at the top for the liquids.
- 3 Mix the protein drink**
Add 1 scoop of protein powder to a shaker bottle or blender cup.
- 4** Pour in 1/2 cup of cold water or milk and add sweetener if desired.
- 5** Shake vigorously for 30 seconds until the mixture is completely smooth with no visible protein powder clumps.
- 6 Combine and serve**
Pour the cooled coffee over the ice in the prepared glass.
- 7** Slowly pour the protein mixture over the coffee, creating layers if desired, then stir gently to combine and serve immediately.

Tips

- Use cold brew or room temperature coffee to prevent protein powder from clumping and creating an unpleasant texture.
- Add protein powder to liquid gradually while whisking continuously, rather than dumping it all at once, for the smoothest consistency.
- Choose high-quality protein powder with minimal artificial ingredients - the flavor will significantly impact your final drink.
- Blend with ice cubes for a frappé-style proffee that's extra refreshing and has a thicker, creamier texture.
- Pre-mix dry ingredients like protein powder and sweeteners in small containers for quick morning preparation.
- Adjust sweetness gradually - flavored protein powders often contain enough sweetness on their own without additional sweeteners.

Use a shaker bottle with a wire whisk ball for the smoothest mixing when a blender isn't available.

Experiment with different milk alternatives like oat, almond, or coconut milk to find your preferred flavor and consistency combination.