

Proffee (Protein Kahvesi)

Learn to make trendy Proffee (protein coffee) - the viral TikTok drink combining coffee with protein powder for a healthy, delicious boost!

5 min

HAZIRLIK

5 min

PIRME

10 min

TOPLAM

1

PORSİYON

Easy

ZORLUK

Proffee (Protein Kahvesi)

Malzemeler

- 1 cup cold brew

Yapılış

1 Prepare the Coffee Base

Brew 1 cup of strong coffee using your preferred method. Allow hot coffee to cool to lukewarm (about 40°C/104°F) to prevent protein powder from clumping, or use cold brew coffee.

2 Create Protein Mixture

In a small bowl, whisk together 1 scoop (about 25g) protein powder with 2-3 tablespoons cold water or milk until smooth and lump-free.

3 Combine Ingredients

Fill a large glass with ice cubes. Pour in the prepared coffee, then slowly add the protein mixture while stirring continuously with a spoon.

4 Final Mixing

Stir vigorously for 15-20 seconds until well combined and slightly frothy, or transfer to a shaker bottle and shake for 10-15 seconds.

5 Taste and adjust with sweetener if desired. Serve immediately while cold and frothy.

İpuçları

Use high-quality coffee - cold brew or espresso work best for optimal flavor balance with protein powder.

Mix protein powder with a small amount of cold liquid first to create a slurry, preventing clumping when added to coffee.

If using hot coffee, let it cool to lukewarm temperature before adding protein powder to avoid clumping and maintain protein integrity.

Choose protein powder flavors that complement coffee - vanilla, chocolate, and caramel work exceptionally well.

Add ice gradually to achieve your preferred consistency and temperature without diluting the flavors too much.

For extra creaminess, blend the mixture for 10-15 seconds instead of just stirring, creating a frothy, cafe-style texture.

Taste before adding sweeteners - many flavored protein powders are sweet enough on their own and don't require additional sugar or syrup.

For meal prep, prepare cold brew coffee in batches and store protein powder portions separately, combining them fresh each morning.

