

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

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.