

# Your Guide to Incredible Lattes

Protein packed

## **Skinny Latte Swap**



"A good day starts with  
brainstorming. A great  
day starts with coffee! "

Sponsor: ProCare Health



# Types of COFFEE DRINKS



**BLACK**  
• Just coffee



**LATTE**  
• Espresso  
• Steamed milk



**CAPPUCCINO**  
• Espresso  
• Steamed milk  
• Foam



**AMERICANO**  
• Espresso  
• Hot water



**ESPRESSO**  
• 1oz Espresso



**DOPPIO**  
• 2oz Espresso



**CORTADO**  
• 1oz Espresso  
• 1oz Steamed milk



**RED EYE**  
• Coffee  
• Espresso



**GALÃO**  
• Espresso  
• Foamed milk



**LUNGO**  
• Long pulled espresso



**MACCHIATO**  
• Espresso shot  
• Foam



**MOCHA**  
• Espresso  
• Chocolate  
• Steamed milk



**RISTRETTO**  
• Short pulled espresso



**FLAT WHITE**  
• Espresso  
• Steamed milk



**AFFOGATO**  
• Espresso  
• Ice cream



**CAFÉ AU LAIT**  
• Coffee  
• Steamed milk



**IRISH**  
• Coffee  
• Whiskey  
• Sugar  
• Cream



## Lattes Require Espresso

# COFFEE

# VS

# ESPRESSO

### SERVING SIZE



# 8oz

The average size of a cup of coffee is 8 ounces.



# 1oz

A typical espresso shot is only one ounce. This is because espresso is thicker and more concentrated.

### BREWING METHOD



Brewing coffee takes time because it relies on the slow filtering of hot water through your coffee grounds. This means several minutes stand between you and fresh coffee.

Espresso machines pressurize and shoot near-boiling water through finely-ground coffee beans packed into cakes. This gives you a complex, aromatic, and caffeine-packed shot of coffee in under thirty seconds.



Similarity: The ideal brewing temperature for any coffee is between 195 and 205 degrees Fahrenheit.



Lattes Require Espresso

**COFFEE**

**VS**

**ESPRESSO**

**TASTE**

**LESS INTENSE**

**BOLDER**

**PRESSURE**

Filtered coffee relies on gravity to drive the water through the ground coffee to make your java. If you're using a Moka pot or even a French press, the actual pressure applied on the water and coffee is negligible when you measure in atmospheric bars.

The lever of an espresso machine is the switch for pure coffee magic. The high pressure is not just the cornerstone of quick brewing, it also helps develop the crema and disperse rich coffee oils into the final espresso shot.

**GROUND COFFEE VS GROUND ESPRESSO**

When making coffee in a French press, setting your grinder to make coarse grounds will strike a balance between releasing delicious coffee flavors without wasting or dissolving the particles – too much saturation in the grind makes coffee more bitter.

The properties of the coffee cake, also called the coffee bed, determine how well the espresso is extracted. The smaller grind exposes more surface area of the beans to water. This means more efficient brewing through the short infusion process.





## Simple Homemade Skinny Latte

### INGREDIENTS:

- 1 1/2 cups hot brewed espresso (or coffee for those without espresso in their cabinets)
- 1/2 cup milk of choice (dairy milk, coconut, almond, soy, or oat milk)
- Optional: 1 teaspoon organic coconut oil (adds healthy fats)
- Optional: 1 scoop protein powder (Unflavored, vanilla, or chocolate are favorites)
- Optional: 1 scoop collagen peptides

### INSTRUCTIONS

Add the brewed coffee, your milk of choice, and organic coconut oil to a high-speed blender. If you're using a protein powder &/or collagen powder, add them in at this time as well. Blend the coffee for about 30 seconds, until all coconut oil is melted & coffee is frothy. Enjoy immediately. Creamy heaven!

*Enjoy!*





## Vanilla Latte

**Vanilla** is one of the more subtle and probably most popular latte flavors. It adds some sweetness **without being overwhelming**. It also helps that vanilla has a more natural taste when compared to some other latte flavors.

**Use: Sugar-free vanilla or french vanilla syrup and/or stir in vanilla protein powder**





## Hazelnut Latte

**Hazelnut** lattes taste like a cocktail of romance, toasty coziness, and the best parts of your childhood. More specifically, the **buttery, toasty taste of hazelnut** helps the sweet, floral notes of roses come to life.

**Use: Sugar-free hazelnut syrup**





## Cinnamon Latte

**Cinnamon** in coffee adds a certain warmth to a latte. It's earthy and rich flavors create a **smooth, spicy drink**.

**Use: Sugar-free cinnamon syrup, powder, and/or stir latte with cinnamon sticks. Add chocolate or vanilla protein powder for extra pizzaz!**







## Mocha Latte

Mocha Lattes have a "chocolate" flavor. They are creamy and quite delicious - especially for chocolate lovers!

Use: Chocolate or cocoa sugar-free syrup/powder with or without flavored protein powder. Sprinkle with shaved ProCare Health's Dark Chocolate Calcium bars





## Pumpkin Spice Latte

**Pumpkin Spice** flavors can bring back warm memories of home baking, family time, parties and feasts, as well as other positive links with fall. It is Starbucks's most popular seasonal drink.

**Use:** Seasonings of cinnamon, clove, nutmeg spices and a small amount of pumpkin puree. Vanilla protein powder gives the drink an extra zing!





## Coconut Milk Latte

A **Coconut Milk Latte** is a great option if you're looking for a caffeinated pick-me-up that doesn't contain dairy.

**Use: Coconut Milk** (no need to add sugar-free coconut syrup unless you want an extra kick).





## Pistachio Latte

The cozy, nutty, and earthy flavors of **sweet pistachio** mixed together are crafted to keep you comforted and energized.

**Use: Sugar-free pistachio flavoring and for a chocolate flavor you may add a scoop of chocolate protein powder.  
Top with a sprinkle of chopped pistachios.**





## Caramel Latte

A **Caramel Latte** is often described as sweet and buttery, with a deep and creamy flavor.

**Use: Sugar-free caramel syrup in the drink and drizzle with a sugar-free caramel topping . Yummmmm!**





## Send us your own Latte recipes!

We would absolutely LOVE to hear from you!  
We are constantly creating new content and adding to what we have  
already offered.

Send us your ideas on your own Latte recipes!

Email: [marketing@procarenow.com](mailto:marketing@procarenow.com)



# Resources

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