

PROTEIN HOT COCOA



INGREDIENTS:

- 1 1/2 cup hot water
- 1 1/2 cup unsweetened plant milk
- 1/2 scoop vanilla protein powder
- 2 Tbsp cocoa powder
- 1/4 tsp vanilla extract

- Optional: 2 Tbsp non-dairy Reddi-Whip
- Dash of cinnamon

DIRECTIONS:

1. Combine water and milk
2. Microwave on high for 2 minutes or until hot
3. Add Protein powder and stir until all combined
4. Stir in cocoa powder and vanilla extract
5. Optional: Top with Non-Dairy Reddi Whip and sprinkle Cinnamon on top

Enjoy!

Makes 1 Serving

Calories: 130 | Protein: 15 gm | Carbs: 10 gm | Fat: 5 gm