

HOT SALTED CARAMEL HIGH PROTEIN COCOA

1. INGREDIENTS

- 1 CUP HOT WATER
- 3 TABLESPOONS SOUR CREAM
- 1 SCOOP SALTED CARAMEL PROTEIN POWDER
- 1 TABLESPOON CACAO POWDER
- 1 TEASPOON VANILLA EXTRACT OR MAPLE SYRUP
- PINCH OF SALT (OPTIONAL — TASTE FIRST)

INSTRUCTIONS

- 1 HEAT 1 CUP OF WATER UNTIL HOT.
- 2 POUR THE HOT WATER INTO A MEASURING CUP OR MIXING CONTAINER.
- 3 ADD:
 - 3 TABLESPOONS SOUR CREAM
 - 1 SCOOP SALTED CARAMEL PROTEIN POWDER
 - 1 TABLESPOON CACAO POWDER
 - 1 TEASPOON VANILLA OR MAPLE SYRUP
- 4 USE A HANDHELD FROTHER OR WHISK TO BLEND UNTIL SMOOTH AND CREAMY.
- 5 TASTE BEFORE ADDING SALT. ADD A SMALL PINCH IF NEEDED TO ENHANCE THE SALTED CARAMEL FLAVOR.
- 6 POUR INTO A MUG AND ENJOY IMMEDIATELY.

Protein Hot Chocolate

LOW CARB • SUGAR FREE

WHY SOUR CREAM WORKS

SOUR CREAM CREATES A VELVETY CREAMY TEXTURE WITHOUT NEEDING MILK OR HEAVY CREAM. IT ALSO BALANCES THE SWEETNESS OF FLAVORED PROTEIN POWDERS AND DEEPENS THE CHOCOLATE FLAVOR.

MANY PEOPLE ARE SURPRISED HOW SMOOTH IT BECOMES ONCE BLENDED WITH HOT LIQUID.

TIPS

- *USE A MILK FROTHER FOR THE SMOOTHEST TEXTURE*
- *ADD EXTRA CACAO POWDER FOR A DARKER CHOCOLATE FLAVOR*
- *FOR ICED COCOA, BLEND AND POUR OVER ICE*

 SCAN FOR MORE RECIPES



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HOT SALTED CARAMEL HIGH PROTEIN COCOA

🔥 SALTED CARAMEL ALMOND MOCHA COCOA

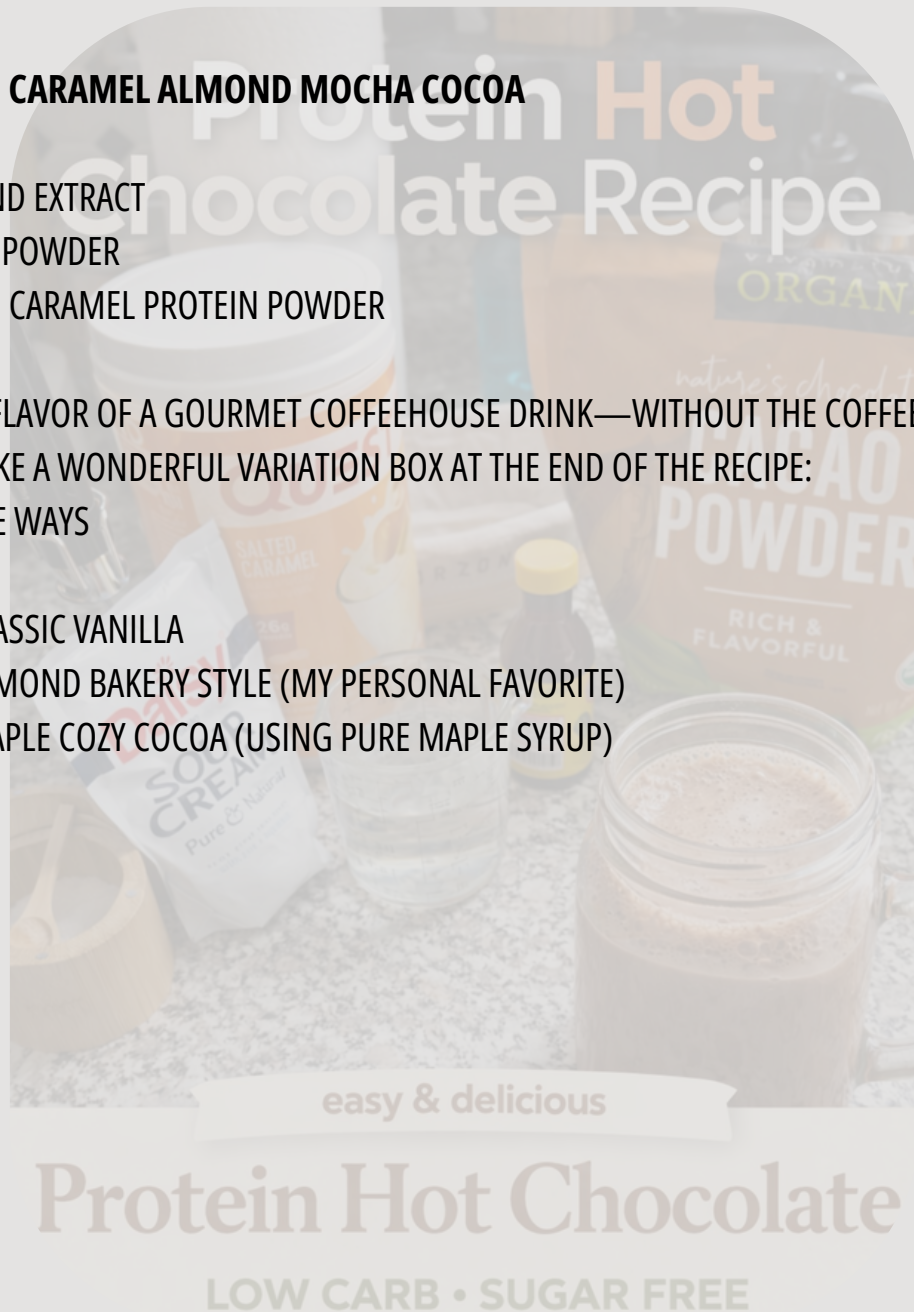
USE:

- ALMOND EXTRACT
- CACAO POWDER
- SALTED CARAMEL PROTEIN POWDER
-

IT HAS THE FLAVOR OF A GOURMET COFFEEHOUSE DRINK—WITHOUT THE COFFEE. I THINK IT WOULD MAKE A WONDERFUL VARIATION BOX AT THE END OF THE RECIPE:

TRY IT THREE WAYS

- ❤️ CLASSIC VANILLA
- 🍪 ALMOND BAKERY STYLE (MY PERSONAL FAVORITE)
- 🍁 MAPLE COZY COCOA (USING PURE MAPLE SYRUP)



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NUTRITION INFORMATION

NUTRITION INFORMATION (APPROXIMATE PER SERVING)

SERVING SIZE: 1 MUG

- CALORIES: 220
- PROTEIN: 29 G
- CARBOHYDRATES: 8 G
- FIBER: 2 G
- TOTAL SUGARS: 3 G
- FAT: 8 G
- SATURATED FAT: 5 G
- SODIUM: 230 MG (BEFORE OPTIONAL PINCH OF SALT)
- CALCIUM: 10% DAILY VALUE
- IRON: 12% DAILY VALUE

Protein Hot Chocolate

LOW CARB • SUGAR FREE

NUTRITION VALUES ARE APPROXIMATE AND BASED ON FRUIT-INFUSED WATER WHERE THE FRUIT IS USED FOR FLAVORING AND NOT CONSUMED. ACTUAL VALUES MAY VARY DEPENDING ON INGREDIENTS AND INFUSION TIME.



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WHY THESE INGREDIENTS?

💛 CACAO POWDER

UNSWEETENED CACAO POWDER IS NATURALLY RICH IN ANTIOXIDANTS CALLED FLAVONOIDS. IT ALSO PROVIDES MAGNESIUM AND IRON, TWO MINERALS MANY PEOPLE DON'T GET ENOUGH OF.

WHY I LOVE IT:

- NATURALLY RICH CHOCOLATE FLAVOR
- CONTAINS ANTIOXIDANTS
- SOURCE OF MAGNESIUM AND IRON
- NO ADDED SUGAR

💛 SALTED CARAMEL PROTEIN POWDER

PROTEIN HELPS SUPPORT MUSCLE MAINTENANCE AND CAN BE A SATISFYING ADDITION TO BREAKFAST, AFTER EXERCISE, OR DURING AN AFTERNOON ENERGY SLUMP.

BENEFITS:

- HIGH-QUALITY PROTEIN
- HELPS YOU FEEL FULL LONGER
- CONVENIENT SOURCE OF PROTEIN
- DELICIOUS SALTED CARAMEL FLAVOR

💛 SOUR CREAM

THIS RECIPE SWAPS TRADITIONAL MILK FOR SOUR CREAM TO CREATE AN INCREDIBLY RICH AND CREAMY TEXTURE.

A SMALL AMOUNT BLENDS BEAUTIFULLY INTO THE HOT COCOA WITHOUT MAKING IT HEAVY.

BENEFITS:

- ADDS CREAMINESS
- CONTAINS CALCIUM
- PROVIDES HEALTHY FATS FOR A SATISFYING DRINK

💛 VANILLA EXTRACT

PURE VANILLA ADDS WARMTH AND SWEETNESS WITHOUT MUCH SUGAR.

IT ENHANCES THE CARAMEL AND CHOCOLATE FLAVORS NATURALLY.

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WHY THIS DRINK MAY BE HELPFUL FOR FIBROMYALGIA

LIVING WITH FIBROMYALGIA OFTEN MEANS BALANCING ENERGY LEVELS WHILE CHOOSING FOODS THAT ARE SATISFYING AND NOURISHING.

WHILE NO SINGLE FOOD TREATS FIBROMYALGIA, THIS HIGH-PROTEIN COCOA INCLUDES INGREDIENTS THAT CAN SUPPORT OVERALL WELLNESS.

✓ PROTEIN

PROTEIN HELPS MAINTAIN MUSCLE TISSUE AND PROVIDES LASTING ENERGY, WHICH MANY PEOPLE WITH FIBROMYALGIA APPRECIATE THROUGHOUT THE DAY.

✓ MAGNESIUM FROM CACAO

CACAO NATURALLY CONTAINS MAGNESIUM, A MINERAL INVOLVED IN NORMAL MUSCLE AND NERVE FUNCTION. MANY PEOPLE WITH CHRONIC PAIN FOCUS ON INCLUDING MAGNESIUM-RICH FOODS AS PART OF A BALANCED DIET.

✓ ANTIOXIDANTS

CACAO CONTAINS PLANT COMPOUNDS CALLED FLAVONOIDS THAT HELP PROTECT CELLS FROM OXIDATIVE STRESS.

✓ LOWER IN SUGAR

COMPARED WITH MANY STORE-BOUGHT HOT CHOCOLATE MIXES, THIS RECIPE CONTAINS MUCH LESS ADDED SUGAR, HELPING AVOID THE RAPID RISE AND CRASH IN BLOOD SUGAR THAT SOME PEOPLE FIND AFFECTS THEIR ENERGY.

✓ COMFORT IN A MUG

WARM BEVERAGES CAN BE SOOTHING DURING COLD WEATHER OR ON DAYS WHEN YOU'RE EXPERIENCING MUSCLE STIFFNESS AND SIMPLY NEED

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OPTIONAL WELLNESS BOOSTS

(MY PERSONAL ROUTINE)

ON MORNINGS WHEN I'M TAKING A BREAK FROM COFFEE, I OFTEN TURN THIS COZY COCOA INTO AN EVEN MORE NOURISHING DRINK BY ADDING A FEW OF MY FAVORITE DAILY SUPPLEMENTS.

OPTIONAL ADDITIONS:

D-RIBOSE

- MAY HELP SUPPORT NORMAL CELLULAR ENERGY PRODUCTION.
- I OFTEN ADD ONE SERVING TO MY MORNING COCOA.

CREATINE MONOHYDRATE

- SUPPORTS MUSCLE PERFORMANCE AND ENERGY PRODUCTION.
- MIXES EASILY INTO WARM DRINKS WITH LITTLE TO NO TASTE.

COLLAGEN PEPTIDES

- ADDS EXTRA PROTEIN.
- DISSOLVES EASILY INTO HOT BEVERAGES.
- A SIMPLE WAY TO SUPPORT HEALTHY SKIN, HAIR, NAILS, BONES, AND JOINTS AS PART OF A BALANCED DIET.

TRI-MAGNESIUM

- MAGNESIUM SUPPORTS NORMAL MUSCLE AND NERVE FUNCTION.
- IF YOU'RE USING A POWDERED MAGNESIUM SUPPLEMENT THAT'S SAFE FOR WARM BEVERAGES, IT CAN BLEND WELL INTO THIS RECIPE.

MY NOTE: EVERYONE'S NUTRITIONAL NEEDS ARE DIFFERENT. THESE ARE SIMPLY INGREDIENTS I PERSONALLY ENJOY ADDING TO MY COCOA AS PART OF MY DAILY WELLNESS ROUTINE. ALWAYS FOLLOW THE DIRECTIONS ON YOUR SUPPLEMENTS AND TALK WITH YOUR HEALTHCARE PROVIDER IF YOU HAVE QUESTIONS ABOUT WHAT'S RIGHT FOR YOU.

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MY FAVORITE MORNING COCOA

ON DAYS WHEN I SKIP COFFEE, MY MUG USUALLY LOOKS SOMETHING LIKE THIS:

- 1 SCOOP SALTED CARAMEL PROTEIN POWDER
- 1 TABLESPOON CACAO POWDER
- 3 TABLESPOONS SOUR CREAM
- VANILLA EXTRACT
- COLLAGEN PEPTIDES
- CREATINE MONOHYDRATE
- D-RIBOSE
- (OPTIONAL) POWDERED MAGNESIUM, DEPENDING ON THE DAY

IT TURNS AN ALREADY COMFORTING CUP OF COCOA INTO A WARM, PROTEIN-PACKED DRINK THAT HELPS ME START MY MORNING FEELING NOURISHED.



easy & delicious

Protein Hot Chocolate

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