

HIGH-PROTEIN CACAO CHOCOLATE MILK

HIGH-PROTEIN CACAO CHOCOLATE MILK

INGREDIENTS (1 SERVING):

- 1 CUP MILK (DAIRY OR HIGH-PROTEIN PLANT MILK LIKE SOY OR PEA MILK)
- 1 TABLESPOON RAW CACAO POWDER
- ½ TO 1 SCOOP PROTEIN POWDER (VANILLA OR CHOCOLATE FLAVOR WORKS BEST)
- 1 TO 2 TEASPOONS HONEY, MAPLE SYRUP, OR STEVIA (OPTIONAL, TO TASTE)
- A PINCH OF SALT
- ¼ TEASPOON VANILLA EXTRACT (OPTIONAL)
- A FEW ICE CUBES (OPTIONAL FOR BLENDING)

INSTRUCTIONS:

1. MIX CACAO AND PROTEIN:
2. IN A SHAKER BOTTLE OR BLENDER, COMBINE THE CACAO POWDER, PROTEIN POWDER, AND SALT.
3. ADD LIQUIDS:
4. POUR IN THE MILK, SWEETENER, AND VANILLA EXTRACT.
5. BLEND OR SHAKE:
6. BLEND (FOR A SMOOTH, FROTHY TEXTURE) OR SHAKE VIGOROUSLY IN A SEALED BOTTLE UNTIL FULLY MIXED.
7. IF USING A BLENDER, TOSS IN ICE FOR A CHILLED, MILKSHAKE-LIKE CONSISTENCY.
8. SERVE:
9. ENJOY IMMEDIATELY FOR A COOL POST-WORKOUT DRINK, OR WARM IT GENTLY FOR A COZY, HIGH-PROTEIN CACAO LATTE.

OPTIONAL ADD-INS FOR EXTRA NUTRITION:

- 1 TABLESPOON NUT BUTTER (ADDS HEALTHY FATS AND CREAMINESS)
- ½ FROZEN BANANA (FOR NATURAL SWEETNESS AND TEXTURE)
- 1 TEASPOON CHIA SEEDS OR GROUND FLAXSEED (EXTRA FIBER AND OMEGA-3S)

HIGH-PROTEIN CACAO CHOCOLATE MILK —

NUTRITION

PER 1 SERVING:

- CALORIES: ~220 KCAL
- PROTEIN: ~21 G
- CARBOHYDRATES: ~21 G
- TOTAL FAT: ~7 G
- SATURATED FAT: ~3 G
- FIBER: ~2 G
- TOTAL SUGARS: ~15 G
- ADDED SUGARS: ~4 G
- SODIUM: ~190 MG
- CALCIUM: ~400 MG
- POTASSIUM: ~500 MG
- IRON: ~1.5 MG

NUTRITION NOTE: NUTRITION IS APPROXIMATE AND WILL VARY BASED ON THE MILK, PROTEIN POWDER, AND SWEETENER USED. USING A FULL SCOOP OF PROTEIN POWDER CAN BRING THIS DRINK TO APPROXIMATELY 30–35 GRAMS OF PROTEIN, DEPENDING ON THE BRAND.

🧡 EASY WAYS TO CUSTOMIZE IT

FOR MORE PROTEIN, USE A FULL SCOOP OF PROTEIN POWDER OR A HIGHER-PROTEIN MILK. **FOR LESS ADDED SUGAR,** USE STEVIA OR YOUR PREFERRED ZERO-CALORIE SWEETENER. **FOR A THICKER CHOCOLATE SHAKE,** BLEND WITH ICE AND ½ FROZEN BANANA.

THIS GIVES US TWO NICE OPTIONS FOR THE WEBSITE: THE CLASSIC HOMEMADE CACAO CHOCOLATE MILK AND A CLEARLY LABELED HIGH-PROTEIN VARIATION UNDERNEATH IT.

