

The ultimate chocolate protein powder



Makes 1-1/4 cups

Serving: ¼ cup (1/4 cup provides 11g of protein and when added to 1 cup unsweetened soy milk = 18g)

Makes: 5 servings

Preparation Time: 10 minutes

Protein Powder Ingredients:

¾ cup chia seeds

½ cup cacao powder

½ cup hemp seeds

¼ cup maca powder

½ tsp stevia

For making a smoothie:

1 cup frozen berries of choice

1 cup of milk or milk alternative of choice

Directions:

1. In a spice grinder or high powered flour grinder add all the protein powder ingredients and grind until they form a smooth flour.

2. If making a smoothie, in a blender add ¼ cup of protein powder with berries and milk. Blend until smooth and enjoy.

3. When storing powder, keep in a resealable bag in the freezer.

Chef's Tip: The protein powder can also be added to your breakfast bowls, oatmeal or granola in the mornings for a protein rich start to your day!

NOTE: Alternatively if you do not have a spice grinder or flour grinder, mix all the dry ingredients together and just add to smoothies before blending or use as a topper for your morning cereal or breakfast bowl.