

The Ultimate Chocolate Protein Powder

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Preparation Time: 5 minutes

Cooking Time:

- Equipment: spice grinder or high-powered flour grinder, blender

Ingredients

6 servings

1 cup (240 g) chia seeds
2/3 cup (60 g) cacao powder, or cocoa powder
2/3 cup (100 g) hemp seeds
¼ cup (30 g) maca powder
¼ tsp stevia (optional)

24 servings

4 cups (960 g) chia seeds
2½ cups (275 g) cacao powder, or cocoa powder
2 2/3 cups (400 g) hemp seeds
1 cup (120 g) maca powder
1½ tsp stevia (optional)

For making a smoothie (1 serving):

1 cup frozen berries of choice
1 cup of 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 (60 ml) of protein powder with berries and milk. Blend until smooth and enjoy.
3. To store powder, keep in a resealable bag or jar in the freezer.

Tips:

1. 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.
2. If you plan to leave out the stevia in the powder, replace it with 1 tsp of honey or maple syrup in your smoothie before blending, or adjust sweetener to your liking!

Serving: ¼ cup protein powder provides 11g of protein per serving and when added to 1 cup unsweetened soy milk = 18g per serving



Nutritional Information (per 1/3 cup protein powder)

Nutrition Facts	
Valeur nutritive	
Per 1/3 cup (71 g)	
par 1/3 tasse (71 g)	
Calories 340	% Daily Value*
	% valeur quotidienne*
Fat / Lipides 21 g	28 %
Saturated / saturés 2 g	10 %
+ Trans / trans 0 g	
Omega-3 / oméga-3 9 g	
Carbohydrate / Glucides 28 g	
Fibre / Fibres 19 g	68 %
Sugars / Sucres 2 g	2 %
Protein / Protéines 16 g	
Cholesterol / Cholestérol 0 mg	
Sodium 120 mg	5 %
Potassium 225 mg	5 %
Calcium 250 mg	19 %
Iron / Fer 5.5 mg	31 %
Vitamin A / Vitamine A 50 mcg	6 %
Vitamin C / Vitamine C 1.5 mg	2 %
Vitamin E / Vitamine E -- mg	-- %

*5% or less is a **little**, 15% or more is a **lot**
 *5% ou moins c'est **peu**, 15% ou plus c'est **beaucoup**

Nutritional Information (1/3 cup powder in a smoothie)

Nutrition Facts	
Valeur nutritive	
Per 1 3/4 cups (425 mL) par 1 3/4 cups (425 mL)	
Calories 480	% Daily Value*
	% valeur quotidienne*
Fat / Lipides 26 g	35 %
Saturated / saturés 2.5 g	13 %
+ Trans / trans 0 g	
Omega-3 / oméga-3 9 g	
Carbohydrate / Glucides 49 g	
Fibre / Fibres 24 g	86 %
Sugars / Sucres 14 g	14 %
Protein / Protéines 24 g	
Cholesterol / Cholestérol 0 mg	
Sodium 210 mg	9 %
Potassium 600 mg	13 %
Calcium 550 mg	42 %
Iron / Fer 7 mg	39 %
Vitamin A / Vitamine A 50 mcg	6 %
Vitamin C / Vitamine C 20 mg	22 %
Vitamin E / Vitamine E -- mg	-- %
*5% or less is a little , 15% or more is a lot	
*5% ou moins c'est peu , 15% ou plus c'est beaucoup	

Intro: Dread making a complicated and time consuming breakfast or snack during the holiday season? This luxurious, make ahead recipe for protein rich chocolate heaven in a glass, is a great way to healthfully fuel you and your family/friends' tank and excite everyone's taste buds! It also happens to be dead easy to make as well as being high in phytonutrients: polyphenols, omega 3 fatty acids and vitamins C and E!

Symbols: high source of fibre, good for bowel motility, nausea and fatigue, high protein, kid friendly, good for all seasons, easy to swallow, nut free

Functional foods present: cocoa powder, omega 3 fatty acids and seeds (chia and hemp), maca, dark coloured berries, milk alternative (soy, nuts)

Examples of phytonutrients and anti-oxidants present: polyphenols (cocoa powder, berries), isoflavones (soy), vitamin C (maca), vitamin E (nuts)