

The Ultimate Chocolate Protein Powder

Amy Symington

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)

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Chef Amy Symington is Gilda's Club Toronto's Nutrition Coordinator and a George Brown College Chef. All author proceeds from The Long Table Cookbook are being donated to Gilda's Club Greater Toronto to support their important social, emotional and nutritional programming.

“In the nutrition world, it is becoming more and more apparent that we do, in fact, have a say in how our health turns out. Sound nutrition, which includes whole, plant-based foods, is more important than is sometimes credited by your average healthcare institution. Supplying the general population with the practical tools to steer themselves and their loved ones toward optimal health is what I strive for every day of my wonderful existence. My aim is to inspire.”

– Amy Symington