

Chocolate Protein Mush

Category: Snack

Serves: 1 Serving

Ingredients:

1/8 cup almond milk

1/4 cup coffee, cold brew or espresso

1 scoop chocolate protein powder (I used a vegan protein powder)

1.5 tsp. coconut oil or coconut butter

1/4 banana

1 tbsp. flax seeds, ground

1 tbsp. almond butter

Optional:

2 tsp. chia seeds

2 drops liquid stevia

1/4 tsp. Ashwaganda

1/4 tsp. Mucuna Pruriens

Method of Preparation:

1. Mix and mash all ingredients into cup or bowl.
2. Enjoy, immediately.

***Look for unsweetened almond milk, without any additives or (better yet) make your own

***You may need to add more almond milk, depending on how thick your protein powder is.

***You can use any nut butter in place of almond butter.

***Try to find a raw nut butter that is not roasted in oils, and contains no added sugars.

***Stevia brands: Omica Organics or Sweet drops - don't have an aftertaste.

Macros:

313 calories | 18g fat | 13g carbohydrates | 22g protein