

MINT HOT CHOCOLATE

Bariatric, Gluten Free, Low Carb / Diabetes Friendly, Lower Saturated Fat, Vegetarian

Serves: 1

Nutrition (per serving)

Calories: 110

Total Fat: 0 g

Saturated Fat: 0 g

Sodium: 100 mg

Total Carbohydrate: 6 g

Dietary Fiber: 0 g

Added Sugars: 0 g

Protein: 21 g

PREP TIME: 5 min

Ingredients

- 2 cups hot water (not boiling)
- 1 scoop chocolate whey protein powder
- 1 tablespoon sugar-free chocolate pudding mix
- 1 drop peppermint extract

Directions

1. Heat 2 cups of water until warm (not boiling).
2. Add hot water to blender with chocolate shake, sugar-free chocolate pudding mix, and peppermint extract.
3. Place blender lid loosely to allow steam to escape. Blend until smooth. Pour into your favorite mug and enjoy!

Tip: Look for a protein powder with about 20g of protein per serving