Protein Hot Cocoa

Ingredients

3/4 cup Milk
1/2 cup Bone Broth
1 Tbsp. Cocoa powder
1/2 scoop Chocolate protein powder
Pinch Salt
Pinch Cinnamon
1 Tbsp. Maple syrup

Method

- Combine milk, bone broth, cocoa powder, salt, cinnamon, and maple syrup in a saucepan.
- Warm on stove top on medium heat for about 5 minutes or until mixture is warmed to your liking.
- Whisk in protein powder.
- Pour hot cocoa into your favorite mug. Snuggle up and enjoy!

Nutrition Information

Serves: 1
Serving Size: Composed
Calories: 245
Fat: 7 grams
Carbohydrates: 25 grams
Protein: 24
Fiber: 2 grams