



"THE BEST" PROTEIN HOT COCOA

NÜTRIR[®]
PREBIOTICS

POWERED BY



Scrumptious, but ridiculously good for you, this decadent shake has all the posh of red velvet cake, but all the protein of a muscle booster. Go morning!

INGREDIENTS

- 8 oz liquid (use milk for a creamier hot cocoa, water for a lower fat option)
- 1 scoop (1/4 cup) NÜTRIR[®] Prebiotics Chocolate Protein Shake
- Pinch of salt (optional)
- 1 t vanilla
- 8 oz hot water
- Handful of mini marshmallows, if desired

INSTRUCTIONS

- Mix NÜTRIR[®] Prebiotics Chocolate Protein Shake, salt and vanilla into the first 8 oz of liquid, stirring long enough to remove lumps. Use a blender for best results. The mixture will be quite thick. Set aside.
- Bring another 8 oz of water to a boil.
- Pour NÜTRIR[®] Prebiotics Chocolate Protein Shake mixture equally into two large mugs, then slowly add enough hot water to top off each mug, stirring to combine.
- Top with marshmallows (if desired) and enjoy!

Makes 2 servings

NOTE: Caloric and nutrient values will vary.

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