

## No Yolking™ Protein Hot Chocolate Latte



The cacao is high in antioxidants and elevates moods. It is also rich in calcium, magnesium and iron. When added to our No Yolking™ egg white protein powder it can help bring balance to your day and avoid sugar crashes.

This is a great treat on a cold day to bring comfort or just when you are wanting some chocolate goodness. It is also a great morning alternative to coffee.

### Ingredients:

- ¼ cup coconut/almond milk (or other nut milk of choice)
- 2 tbsp No Yolking egg white protein powder
- 1 tbsp cacao (or cocoa) just note that cacao is much higher in antioxidants
- 1 tbsp or equivalent of stevia or Monck fruit sweetener.
- 1 ¼ cup boiling water
- 1 tbsp coconut oil

For added fiber and omega 3, add:

- 1 tbsp of ground flaxseed (helps lower cholesterol and keeps things moving).

Just note it may settle at the bottom of the cup for slower sippers. So, grab a spoon at the end to get all that goodness.

### Instructions:

Pour milk into blender then add the dry ingredients. Blend for 30 seconds then add boiling water and coconut oil. Blend for another minute on high. Pour into your favorite cup and enjoy.