



Long Livo

Chocolate Protein S'Mores Bowl

10 min

Prep time

2

Servings

5 min

Cook time

Easy

Difficulty

15 min

Total time

American

Cuisine

Ingredients

Base

- ☐ 1 cup Greek yogurt
- ☐ 2 scoops chocolate whey protein powder
- ☐ 2 tbsp dark chocolate chips

Toppings

- ☐ 1/4 cup mini marshmallows
- ☐ 1/3 cup graham cracker crumbs
- ☐ 1 tbsp honey or maple syrup
- ☐ Pinch of sea salt

Instructions

- 1 In a bowl, whisk together Greek yogurt and chocolate protein powder until smooth; set aside.
- 2 Toast graham cracker crumbs in a dry skillet over medium heat for 2 minutes, stirring until lightly golden.
- 3 Layer the toasted crumbs at the bottom of two serving bowls.
- 4 Spoon the chocolate mousse over the crumbs, spreading gently.
- 5 Scatter mini marshmallows and dark chocolate chips on top, then drizzle with honey.
- 6 Optional: briefly torch the marshmallows or microwave for 10 seconds to create a warm, melted surface.

Nutrition per serving

280 kcal

Calories

22 g

Protein

28 g

Carbs

9 g

Fat

Tips & notes

- For extra fluffiness, fold a spoonful of whipped aquafaba into the mousse.
- If you prefer a thicker bowl, reduce the yogurt by a quarter.
- A pinch of cinnamon adds a cozy undertone without overpowering the chocolate.