



Long Livo

Protein Hot Chocolate Recipe

5 min

Prep time

2

Servings

5 min

Cook time

Easy

Difficulty

10 min

Total time

American

Cuisine

Ingredients

Base

- ☐ 2 cups milk (whole or oat)
- ☐ 2 tbsp unsweetened cocoa powder
- ☐ 1 scoop (30g) chocolate protein powder
- ☐ 1 tbsp honey or maple syrup (optional)

- ☐ ¼ tsp ground cinnamon

- ☐ Pinch of sea salt

Optional Add-ins

- ☐ ½ ripe banana, mashed
- ☐ Whipped cream for topping
- ☐ Chocolate shavings for garnish

Instructions

- 1** In a small saucepan, warm the milk over medium-low heat until steam rises, but do not let it boil.
- 2** Whisk in the cocoa powder until fully dissolved, creating a smooth, dark liquid.
- 3** Stir in the protein powder; if it clumps, mix a spoonful of cold milk with the powder first, then add to the saucepan.
- 4** Add honey, cinnamon, and a pinch of salt; continue stirring gently for another minute.
- 5** If using banana, fold it in now, then pour the hot chocolate into mugs, top with whipped cream or shavings if desired.

Nutrition per serving

210 kcal

Calories

20 g

Protein

24 g

Carbs

6 g

Fat

Tips & notes

- For a richer texture, use a splash of heavy cream instead of some milk.
- Adjust sweetness gradually; cocoa can be bitter depending on the brand.
- A dash of espresso powder can deepen the chocolate flavor without adding caffeine.