

# TASTY RECIPES

Easy and delicious ways to put more healthy protein into your diet every day!

## Cinnamon Hot Chocolate



### INGREDIENTS

- 2 Chocolate Premier Protein Shake
- 1/4 cup soft dates
- 1 cinnamon stick - snapped in half
- 1 tsp vanilla extract
- 1 tbsp. cocoa powder

## **DIRECTIONS:**

1. Roughly chop the dates
2. Put the Chocolate Protein Shake, dates, cinnamon into a saucepan and heat to scalding. Set aside to infuse for 15 minutes
3. Put the vanilla and cocoa powder into a blender
4. Remove the cinnamon and pour the warm Chocolate Protein Shake infusion into the blender
5. Blitz until the dates are as fine as the blender can get them
6. Strain the hot chocolate through a sieve back into the saucepan.