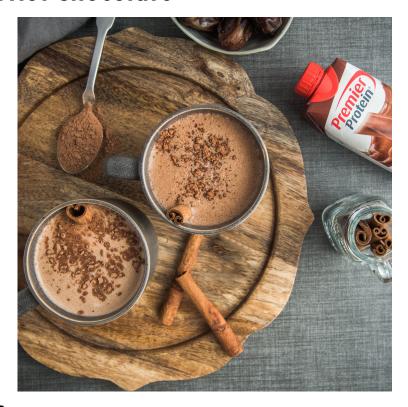
TASTY RECIPES

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.