



## Chocolate Banana Late-Night Escape

### **Ingredients**

Hydra 6 Chocolate Charge protein 1 scoop  
Nonfat plain Greek yogurt 1/2 cup  
Banana 1 medium  
Grated dark chocolate 1 dash

### **Directions**

1. Mix Greek yogurt with Hydra 6 Chocolate Charge protein powder.
2. Slice one medium banana.
3. Using a small spoon, apply the chocolate cream onto each slice.
4. Sprinkle with a dash of grated dark chocolate.