



Recipe 2: Flour-Free Fudge Cups

- ½ cup unsweetened cocoa
- ½ scoop chocolate protein powder
- ¼ cup brown rice flour
- ½ cup quinoa flour
- 1 tbsp. corn starch
- ¼ tsp. baking soda
- ¼ tsp. salt
- 1 ¼ cups sugar
- 2/3 cup fat-free vanilla yogurt
- ¼ cup walnut pieces

Mix together cocoa, chocolate protein powder, brown rice flour, quinoa flour, corn starch, baking soda, salt and sugar until well blended.

Combine two tablespoons of this mixture with one tablespoon of yogurt until well blended in a small microwave safe bowl.

Microwave on high for one minute and then let set for 30 seconds before serving.

Comment [d1]: Added a link to <http://www.bodybuilding.com/store/opt/whey.htm>!