



Courtesy of Anna Sward @ Proteinpow.com

Protein Easter Eggs

Ingredients

- 3/8 cup of chocolate Myofusion protein powder
- 1/4 cup of cocoa powder
- 1/4 cup of coconut flour or chocolate casein
- 3/8 cup of milk
- 1/2 bar of 85% dark chocolate (50 grams)

Directions

1. In a bowl, mix the protein powder, cocoa, coconut flour and milk until a thick paste—kind of like a dough—is formed. You need to roll the dough into “eggs,” so if your mix is too runny or sticky, add a touch more coconut flour until it gets to the right consistency. (Be careful! Too much coconut flour will make the filling too fibrous.)

Note: If you don’t have coconut flour, you can use casein instead.

2. Form six “eggs” out of the batter by rolling them with your hands, and proceed to melt your dark chocolate in a *bain marie*, or a glass bowl on top of a pot of boiling water.

3. When the chocolate has melted, dip your “eggs” to create a chocolate shell, and then place the chocolate-coated eggs on a baking tray lined with baking paper or foil.

4. Put them in the freezer for an hour or so. That’s it! Your eggs are ready to eat.

Nutrition Facts, per egg

Makes five eggs

Cal: 150.8

Pro: 10.7 g

Carb: 7.46 g (3.28 g of fiber)

Fat: 7 g

Alternative Options

Instead of hand-rolling the eggs, you can use an egg-shaped silicone mold, like the ones used to make cake-pops, especially if you want to keep your eggs completely oval.

You can also make the eggs smaller—say, half the size of mine—so you can dip them in the chocolate using a toothpick, which you can then prop somewhere so the chocolate sets in a completely oval shape. They'll look like proper little Easter Eggs! Wrap them in colored foil for the final touch of Easter boom.