



Courtesy of Anna Sward @ Proteinpow.com

Dark Chocolate Protein Mocha

Ingredients

1/2 cup milk (I use whole milk, but any milk will do)

1/2 cup strongly brewed coffee

1-2 tbsp 100% cocoa powder (depending on how chocolatey you like it!)

1/4 cup chocolate casein protein powder

Directions

1. First, make the coffee as strong as you can handle.
2. While your coffee is brewing, heat up the milk until you can stick your finger in it without having to rush to the ER. In other words, warm but not scalding. Be sure not to overheat (or boil) your milk. If you do, the casein will curdle when added.
3. Add the cocoa to the milk. Whisk.
4. Once the coffee has cooled down a bit, add the cocoa-milk and casein to it.
5. Blend it all together so it gets nice, thick, and frothy. Serve and sip!

If you want to add a bit of decadence, add a dollop of protein whipped cream. It's a great way to up the protein content of your drink while adding a rich creaminess to the whole thing! To make protein whipped cream, just whisk some quark or low-fat ricotta with 1/4 cup of vanilla whey protein powder and 2-3 tablespoons of milk. Place the mixture in a piping bag and pipe it on the hot chocolate. Yum!

Variations

1. If chocolate isn't your thing, opt for vanilla casein for a familiar, smooth finish.
2. Add some butterscotch extract to your drink for another flavor dimension.

3. If you're feeling seasonal, why not substitute the cocoa with pumpkin puree, use vanilla instead of chocolate casein, and add some pumpkin spice for a protein-powered pumpkin spice protein latte? It sure beats the calorie-bomb version you'll find at your local coffee house!

Nutrition Facts

Serving size: 1 cup

Recipe yields: 2 servings

Calories: 124

Fat: 3 g

Carbs: 9 g

Protein: 15 g

*Using 2 tbsp cocoa powder, without the optional protein whipped cream.