

MAP *nutrition*™

CHOCOLATE

RECIPE GUIDE



Chocolate Protein Shake



Ingredients:

- 3/4 cup unsweetened vanilla almond milk
- 1 scoop Chocolate Protein Powder
- 1/2 cup frozen banana
- 1 tablespoon almond butter or peanut butter
- 1/4 teaspoon vanilla extract, optional

Add ice,
blend,
& enjoy!

Chocolate Protein Brownies



Ingredients:

- 1 cup overripe mashed banana or applesauce
- 2/3 cup nut butter of choice
- 1/3 cup cocoa powder
- 3 tbsp Chocolate Protein Powder 1 tsp pure vanilla extract
- 1/4 tsp salt
- 1/4 cup pure maple syrup, honey, or agave

Instructions:

1. Preheat oven to 325 F. Line an 8×8 pan with parchment paper.
2. Combine all ingredients in a bowl, stir until completely smooth, and spread into the prepared pan.
3. Bake on the center rack 20-25 minutes – they will be undercooked when you take them out. Let cool, then loosely cover with a paper towel and place in the fridge overnight.
4. Enjoy!

Protein Bites



Ingredients:

- 1 cup Creamy Peanut Butter
- 1 TBSP Honey
- 1 Teaspoon Vanilla Extract
- 1 scoop Chocolate Protein Powder
- 1/2 cup Unsweetened Cocoa Powder- 1/2 cup Ground Flax Seed
- 1/3 cup Unsweetened Shredded Coconut Chopped Dark or Semi-Sweet Chocolate or Chocolate Chips

Instructions:

1. Mix all ingredients together.
2. Scoop into balls.
3. Refrigerate in air tight bag.
4. Enjoy!

Protein Muffins

Ingredients:

- 2 cup Blanched Almond Flour
- 2/3 cup granulated sweetener
- 1/2 cup Chocolate Protein Powder
- 1 1/2 tsp Baking powder
- 1/4 tsp Sea salt
- 1/3 cup Coconut oil
- 1/2 cup Unsweetened almond milk
- 3 large Eggs
- 1/2 tsp Vanilla extract
- 3/4 cup Sugar-free dark chocolate chips

Instructions:

1. Preheat the oven to 350 degrees F. Line a muffin pan with 12 parchment paper liners or silicone muffin liners.
2. In a large bowl, stir together the almond flour, sweetener, cocoa powder, protein powder, baking powder and sea salt.
3. Stir in the melted coconut oil and almond milk. Whisk in the eggs and vanilla. Fold in the chocolate chips last.
4. Scoop the batter evenly into the muffin cups, filling almost full.
5. Bake for about 25 minutes, until an inserted toothpick comes out clean.



No Bake Cookies

Ingredients:

- 2 cups gluten free rolled oats
- 1 scoop Chocolate Protein Powder 1/2 cup maple syrup, honey or monk fruit syrup
- 1 tsp pure vanilla extract
- 1/4 cup unsweetened vanilla almond milk
- 1/2 cup all natural peanut butter
- 2 tbsp unsweetened cocoa powder 1/3 tsp sea salt

Instructions:

1. In a medium bowl, combine the rolled oats and protein powder. Stir together.
2. In a small sauce pan, combine the almond milk, peanut butter, syrup, vanilla extract, salt and cocoa powder. Place on stove top over medium-low heat, stirring occasionally.
3. Once everything is completely dissolved and combined, pour the mixture over the oats and protein powder. Mix together with a spoon until combined.
4. Place the batter in the fridge for 10 minutes to set.
5. Spoon a dollop of chilled batter onto a parchment paper lined cookie sheet. Form the cookies into desired shape and size.



Hot Cocoa Coffee



Ingredients:

- 1 cup freshly brewed hot coffee
- 1/4 cup milk of choice
- 1 scoop of Chocolate Protein Powder 1/2 teaspoon vanilla extract or vanilla bean paste
- 1 1/2 teaspoons maple syrup, more to taste
- 1/4 teaspoon unsweetened cocoa powder (optional)
- a sprinkle of cinnamon (optional)

Instructions:

1. Combine all ingredients in a blender (or use an immersion blender with a designated jar) and blend on high speed until all ingredients are combined and the mixture is smooth and frothy.
2. Pour into a mug, add a dash of cinnamon and enjoy!

Chocolate Pudding



Ingredients:

- 1 scoop Chocolate Protein Powder 1 packet of chocolate pudding
- 2 teaspoons sweetener of choice 1/8 tsp of salt
- 1/8 cup maple syrup
- 1/4 cup almond milk

Instructions:

1. In a medium bowl combine the dry ingredients and whisk together.
2. Slowly add in the maple syrup.
3. Add in the almond milk until you get a pudding-like consistency.
4. Once desired consistency is met, stick in the freezer for 20 minutes to set.

Power Oats

Ingredients:

- 1 scoop Chocolate Protein Powder
- 1 cup rolled oats
- 1/4 tsp salt
- 1/2 teaspoon vanilla extract
- 4 teaspoons sweetener of choice Dash of cinnamon
- 2 egg whites
- Chocolate chips or fruit for topping (optional)

Instructions:

1. In a saucepan over high heat, place the rolled oats and salt. Cover with 3 cups of water. Bring to a boil and cook for 3-5 minutes, stirring occasionally, adding 1/2 cup water as necessary as the mixture thickens.
2. Add the chocolate protein and the vanilla to the saucepan and stir until well combined.
3. Turn the heat to low. Add the egg whites and whisk immediately and vigorously to get them fully incorporated. The entire mixture should slowly take on a lighter color and fluff up a bit as the egg whites become incorporated and cook.
4. Add the sweetener and cinnamon. Stir to combine. Remove from heat and serve immediately, topping with chocolate chips or fruit if desired.



Chocolate Cheesecake

Ingredients:

- 1 scoop Chocolate Protein Powder 1 1/2 servings of cottage cheese
- 4 teaspoons sweetener of choice 1/8 tsp salt
- 1 packet cheesecake flavored pudding mix
- 1/8 cup almond milk

Instructions:

1. Put all ingredients into blender or food processor and blend until all clumps are gone.
2. Pour mixture into bowl and freeze for 20 minutes until set.
3. Top with maple syrup or fruit.



Chocolate Pudding



Ingredients:

1 scoop Chocolate Protein Powder
1 1/2 servings of cottage cheese
4 teaspoons sweetener of choice
1/8 tsp salt
1 packet cheesecake flavored
pudding mix
1/8 cup almond milk
Maple syrup or fruit (if desired)

Instructions:

1. Put all ingredients into blender or food processor and blend until all clumps are gone.
2. Pour mixture into bowl and freeze for 20 minutes until set.
3. Top with maple syrup or fruit.