

Warm Me Up Hot Chocolate

1 serving



1 cup unsweetened almond milk
1 Tablespoon carob powder
½ Tablespoon Love and Peas® Sugar Free protein powder
1 teaspoon raw honey OR coconut sugar
10 drops liquid stevia, to taste

Directions:

- 1) Warm almond milk over medium heat for 3-5 minutes.
- 2) Sift the carob powder into a mug then add the protein powder and your choice of honey or coconut sugar and stir.
- 3) Pour the hot almond milk into the mug then stir well.
- 4) Add stevia to taste.

Cold Chocolate Milk: Pour almond milk, carob powder, protein powder and *your choice of honey or coconut sugar* in a blender and blend on high for 15 seconds. Add stevia to taste and ice cubes.

Recipe from Cook 2 Flourish Cookbook ~ www.cook2flourish.com