



Chocolate Protein Hearts



prep time
5-10 min



total time
35-40 min



servings
~12
hearts

Ingredients

- 12 ounces/360 grams semisweet chocolate
~12 carb, 6 fat, 3 protein servings
- 1/4 cup peanut butter (or any nut or seed butter)
~ 1 carb, 2 fat, 2 protein servings
- 2 scoops protein powder
~ 6 protein servings
- Sprinkles to your preference

Instructions

- 1 Melt the chocolate and peanut butter together either in the microwave (working in 30 second spells, stirring between, for about 2 minutes total) or over a double-boiler.
- 2 Add in the protein powder and mix until smooth.
- 3 Scoop into a silicone mold of your choice (we used hearts! If you don't have a mold you can make bark by pouring onto a parchment covered baking sheet.)
- 4 Top with sprinkles and lightly press down so they're firmly in the chocolate.
- 5 Freeze for 30 minutes and then pop out and enjoy!



Store these in the refrigerator!

Whole Recipe Breakdown:
11 Servings Protein
13 Servings Carb
8 Servings Fat
0 Servings Veggies

holiday treat

