

## INGREDIENTS:

- 1 Scoop of VitaPro Protein Pro Chocolate Powder
- 1 tbsp. of Coconut Flour
- 2 tsp of granulated sweetener of choice
- 1/2 teaspoon of Baking Powder
- 2 tbsp. of Cocoa Powder
- 1 Large Egg
- 1/4 cup of Milk of choice
- 1 tbsp. of chocolate chips
- 1 tbsp. of VitaPro Nutrishake Chocolate powder



## HOW TO PREPARE:

### STEP 1:

First set aside a small bowl or a deep mug that has been greased.

### STEP 2:

Combine the protein pro chocolate powder, coconut flour, baking powder, granulated sugar, and cocoa powder in a dish and stir well.

### STEP 3:

In a separate bowl, whisk together the egg and milk. Then pour into the dry ingredients and stir until well combined.

### STEP 4:

If desired, top with chocolate chips and Nutrishake Chocolate Powder

### STEP 5: VERSION FOR THE MICROWAVE

Remove the bowl from the microwave after 60 seconds and enjoy it right away.

### STEP 6: VERSION FOR THE OVEN

Pour the mixed batter into an oven-safe dish. Bake for 10-12 minutes at 180°C, or until desired consistency is reached.

### STEP 7:

Now just sit back, relax and indulge in what you've made.

