



Protein "Cookie Dough"



1 serving



20 minutes

INGREDIENTS

- 1 scoop casein protein
(any protein will work but casein
will make this thicker)
- 1/c C unsweetened almond milk
- 1 Tbsp natural peanut butter
- 1 Tbsp unsweetened cocoa powder

DIRECTIONS

1. Combine all ingredients in a bowl
2. Mix thoroughly (you can blend but this isn't necessary)
3. Add milk if needed to create a thick consistency
4. Refrigerate for 10-20 minutes

MACROS

258 calories | 30 p | 12 c | 10 f