



NOURISH HOT COCOA

Makes 1 serving | Serving size: 1 cup

PREP TIME

2 min

COOK TIME

2 min

TOTAL TIME

4 min

By simply heating up your milk, you can turn your chocolate Nourish protein drink into a rich, creamy hot cocoa to warm up with in the winter! I like to add a drop of rum extract to mine for a sweet, boozy-tasting treat.

Ingredients

- 2 scoops chocolate Nourish protein powder*
- 8 ounces 1% milk
- 1 drop rum extract (optional)



Directions

1. Microwave milk for 2 minutes.
2. Blend in Nourish protein powder.
3. Add a drop of rum extract, if desired.
4. Enjoy!

*Nutrition analysis and results will vary, based on your individualized mix. In this recipe, we used a basic whey formula that's designed to replace a meal.