

Chocolate “Muscle Milk”

Bottled chocolate milk is typically loaded with saturated fat and sugars. Low-fat bottled versions aren't much better since they try to make up the difference in taste with artificial ingredients. Try our homemade version with natural ingredients and an extra boost of protein from the non-fat dry milk powder. Our Chocolate “Muscle Milk” makes a great after school snack or fuel for sports games.

Ingredients:

4 cups skim milk
1/2 cup non-fat dry milk powder
2 tablespoons honey
1-1/2 tablespoons unsweetened cocoa powder

Directions:

1. Combine all ingredients in a blender and blend until smooth and evenly combined. Pour into 4 glasses, serve and enjoy!

Yield: 4 servings (1 cup per serving)

Nutrition Facts:

135 Calories; 1g Fat (0g Saturated Fat; 0g Trans Fat);
6mg Cholesterol; 127mg Sodium; 24g Carbohydrate (1g Fiber,
23g Sugar); 10g Protein; 26% Daily Value (DV) Vitamin A;
0% DV Vitamin C; 36% DV Calcium; 2% DV Iron

Recipe

