

High protein hot Chocolate with peanut butter

🕒 Preparation 10 minutes ⌚ Total 5 minutes 2 portions

Ingredients

or

1 average glass of milk, soya, non-dairy alternative to milk, unsweetened, fortified (200 g)

or

1 average glass of milk, semi-skimmed, pasteurised, average (200 g)

or

1 portion of drinking chocolate, powder (18 g)

or

1 tbsp of peanut butter, smooth (25 g)

Cooking method

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Add the chocolate powder to the hot coconut, and it is ready to drink