

Hempy Chocolate Milk Mix

THM-Friendly: FP

- 10 Tbsp. Trim Healthy Optimized Plant Protein
- 10 Tbsp. cocoa
- 1 tsp. THM Super Sweet (more if you like it sweeter)
- 2 pinches of mineral salt
- 1 Tbsp. sunflower lecithin (optional)
- 1/4 tsp. gluccie

Mix the dry ingredients well. I used my Ninja chopper. Place dry ingredients in a sealed container for storage. To make a healthy chocolate milk - full of protein - mix 2 heaping Tbsp. dry mix with about 10 oz. of nut milk (I used oat milk). Mix well and...

enJOY!

