

PROTEIN CLUSTERS

CRUNCH!!

INGREDIENTS NEEDED:

- + 1/2 - 1 SCOOP DOORSEIN - TOBLE SWISS CHOC
- + 1/2 - 1 SCOOP DOORMAN CHOCOLATE WHEY
- + 1 TSP COCOA
- + 1 TBSP SUGAR FREE PEANUT BUTTER
- + 2 TBSP MELTED COCONUT OIL
- + HANDFUL RAW ALMONDS, CUT INTO HALVES
- + HANDFUL OF MANOLIS BANANA CHIPS, BROKEN INTO BITS
- + 2 RICE CAKES, CRUSHED INTO PIECES

DIRECTIONS:

- + MIX THE CASEIN, WHEY AND COCOA IN A BOWL. ADD 2 TBSP OF COCONUT OIL AND MIX INTO A PASTE.
- + ADD PEANUT BUTTER, ALMONDS, BANANA CHIPS AND RICE CAKES TO THE BATTER. BE SURE THAT ONCE MIXED, THE BATTER SHOULD BE CLUMPY IN TEXTURE.
- + WITH A TABLESPOON, SPOON OUT BATTER INTO BITE SIZE DOLLOPS. PLACE EACH BALL OF BATTER ON A TRAY OR FLAT PLATE. PLACE TRAY OR PLATE IN THE FRIDGE AND ALLOW TO SET FOR 30 MINUTES. ONCE SET, ENJOY YOUR PROTEIN CLUSTERS!