

# Power Protein Mix

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*Makes 6 servings of 1/3 cup each*

This is our go-to protein booster, served at breakfast to add a few extra grams of protein, or as an afternoon snack. It is so yummy and versatile that you can eat it with a spoon right from the jar or as a dip for sliced apples.

## **Ingredients:**

1-2 scoops chocolate protein powder (whichever gives you 20 grams of protein)  
12 oz almond butter (or preferred nut butter)  
1 tsp honey

## **Directions:**

Mix ingredients and store in an airtight container.

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*Nutrition (per 1/3 cup serving): 208 cal, 10 g carb, 0 g fiber, 10 g protein, 22 g fat, 81 mg sodium*