



## Protein White Hot Chocolate

### Description

This Protein White Hot Chocolate recipe is too easy not to share, especially since I make it all the time. My go-to on cold nights!

Prep Time: 5 minutes mins

Cook Time: 5 minutes mins

Total Time: 10 minutes mins

Yield: 1 serving

Course: Drinks, Snack

Cuisine: American

### Ingredients

- 1 1/4 cups vanilla protein shake (\*)
- 1/2 ounce Lily's sugar free white chocolate chips (or finely chopped white chocolate)
- grated nutmeg or cinnamon (for topping)
- white chocolate chips (white chocolate shavings, mini marshmallows, whipped cream, crushed candy canes, for topping, optional)

### Instructions

- **To make on the stove:** In a small pot, heat vanilla shake over medium-low, stirring occasionally, until warm but not boiling, about 1 to 2 minutes. Reduce the heat to low and stir in the white chocolate chips. Stir constantly until the chocolate is fully melted and smooth, 30 to 60 seconds more.
- **To make this in the microwave,** pour shake in a large microwave safe mug with the white chocolate chips and microwave 1 1/2 minutes, stirring well halfway, until heated through and the chocolate is melted and smooth. Top with whipped cream, if using and sprinkle with nutmeg.
- Pour into a large mug and top with whipped cream, if using and sprinkle with nutmeg.

## Notes

\*The flavor of this drink will depend on the vanilla protein shake you choose, so pick one you love. I don't recommend using powdered protein here, as it tends to be too gritty and won't blend well. I've tested several liquid protein shakes and found that Fairlife Nutrition Plan Vanilla and Orgain Clean Protein Shake in Vanilla Bean work best. For a vegan option, Ripple Vanilla is a fantastic choice.

## Nutrition

Serving: 1 1/4 cup, Calories: 279.5kcal, Carbohydrates: 38g, Protein: 15.5g, Fat: 10.5g, Saturated Fat: 3.5g, Cholesterol: 23mg, Sodium: 243mg, Fiber: 4g, Sugar: 12g

### Category

1. High Protein Recipes

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