



# LINDSEY *Mitchler*

## FITNESS

BUILD STRENGTH X MOVE FORWARD

### **Protein Chocolate Mousse**

This is such a great option if you are craving something chocolate but trying to avoid a ton of added refined sugar. It is the perfect sweet treat and with the protein it is also very satisfying!

#### **Ingredients**

- 1 single serve container of Oikos Vanilla nonfat Greek Yogurt (or yogurt of choice)
- 1.5 servings (21 grams) Lily's no added sugar dark chocolate chips
- 8 grams all natural peanut butter (½ tablespoon)
- Small amount of coconut oil

#### **Directions**

1. Add greek yogurt to bowl
2. In a microwave safe bowl add the chocolate chips and a small amount of coconut oil
3. Place chocolate chips in microwave and melt down (around 40 seconds)
4. Add the melted chocolate to the greek yogurt and combine until fully mixed
5. Drizzle peanut butter on top and place in freezer for 20 minutes (Can also place in the fridge for 1 hour for even more of a mousse texture)
6. Remove from the freezer or fridge and top with a few more chocolate chips if you desire (I did!) and enjoy!

**Makes 1 serving: Macros per serving: 215 calories, 10 fat, 21 carbs, 19 protein, 8 fiber**