



## CHOCOLATE & ALMOND PROTEIN SLICE + FRUIT

 Serves: 15

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### Nutrition Per Serve

- Calories: 179 kcal
  - Protein: 9 g
  - Carbohydrate: 10 g
  - Fat: 12 g
  - Fibre: 4 g
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### Ingredients

#### Protein slice

- Chocolate protein powder: 100 g
- Desiccated coconut: 1/2 cup
- Coconut flour: 1/4 cup
- Almond meal: 1/4 cup
- Dutch cocoa powder: 1 T
- Almond milk (unsweetened): 1/2 cup
- Peanut butter: 1/4 cup
- Vanilla extract: 1 tsp
- Coconut oil: 1 T
- Almonds: 1/4 cup

#### Topping

- Dark chocolate (85% cocoa): 40 g
- Coconut oil: 1 tsp
- Sliced/slivered almonds: 15 g

#### Fruit to serve

- Mandarin: 1
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### Method

- Combine the protein powder, desiccated coconut, coconut flour, almond meal and cocoa in a bowl
- Finely chop the almonds and mix through the dry ingredients

- In a separate bowl whisk together together the peanut butter, almond milk, vanilla & coconut oil
  - Add the wet ingredients to the dry ingredients and mix well to combine
  - Line a small baking tray or loaf tin with baking paper and press the mixture firmly into the tin smoothing it out with the back of a hot spoon (run the spoon under hot water then dry)
  - Refrigerate while you make the topping
  - Melt the dark chocolate and coconut oil in a double boiler pot
  - Spread the melted chocolate on top of the slice and sprinkle with sliced almonds
  - Return to the fridge until set
  - Cut into 15 pieces
  - Store in the fridge in a container
  - Serve with 1 slice with 1/2 a serve of fruit e.g a mandarin, 1/2 an apple, 1/3 cup berries (fresh or frozen) or a kiwifruit
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## Tips & Substitutions

- Whey protein isolate powder was used for this recipe. If you are using a plant protein powder you will need an extra 2-3 tablespoons of almond milk as plant based protein powders are more absorbent (add 1 tablespoon at a time until you get a thick sticky batter that can be pressed into a loaf tin)
  - Peanut butter can be substituted for almond butter if you prefer
  - Use 85% cacao chocolate or higher for the icing
  - Freezes well. Can be stored in the freezer. Remove from the freezer 5-10 minutes before eating
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### Gluten Free

**Dairy Free**    Make sure your chocolate is dairy free, and use a plant based protein powder