

Whey Coconut & Chocolate Squares

Makes: 8 squares

Ingredients

2 cups desiccated coconut plus extra for decoration

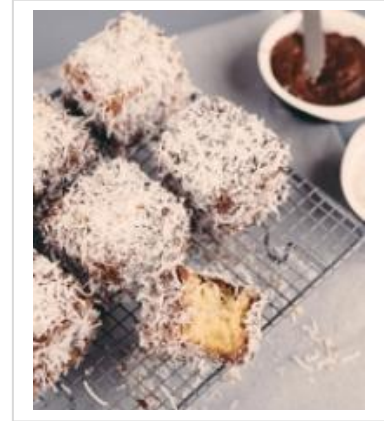
50g Whey Protein powder – Vanilla

½ cup coconut/almond milk (unsweetened) or low fat milk

For chocolate coating:

85g dark chocolate 80%, broken into pieces

1 tsp coconut oil



Instructions

1. Place the shredded coconut, Vanilla Whey Protein powder and milk in a food processor and blend until combined.
2. Spoon the mixture into an 8×4 inch baking tray lined with parchment paper and press evenly with the back of the spoon. Freeze for 30 minutes.
3. To make the chocolate coating, melt together the chocolate and coconut oil.
4. Remove the tray of mixture from the freezer and cut into 8 squares.
5. Dip each square into the chocolate and ensure it's fully coated before sprinkling with extra shredded coconut.

TIP: Have a cold tray or freezer proof plate to place the chocolate covered squares onto so they start to set immediately.

6. Freeze for another 30 minutes and serve or place in an airtight container and refrigerate until ready to use.

Nutrition information:

Each Serving: per square

Kcal	220
Fat - Sat	9g
Net Carbs	4g
Protein	10g

Credit for recipe FB:: [Australian Sports Nutrition](#) #repost from @eEHPlabs Aus/NZ