

Long Livo

Chocolate Protein S’mores Bowl

10 min Prep time	**5 min** Cook time	**15 min** Total time
2 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Base

- [ ] 1 scoop chocolate protein powder
- [ ] 1 cup unsweetened almond milk
- [ ] 1 tbsp honey
- [ ] 1 tsp vanilla extract

Toppings

- [ ] 1/2 cup graham cracker crumbs
- [ ] 1/3 cup mini marshmallows
- [ ] 2 tbsp dark chocolate chips, melted
- [ ] Pinch of sea salt

Instructions

1. In a bowl, whisk together chocolate protein powder, almond milk, honey, and vanilla until smooth and glossy.
2. Toast the graham cracker crumbs in a dry skillet over medium heat for 2-3 minutes, stirring constantly, until they turn a light golden brown and release a nutty scent.
3. Layer the chocolate mixture at the bottom of a serving bowl, then sprinkle the toasted crumbs evenly over the top.
4. Scatter mini marshmallows over the crumb layer, then drizzle melted dark chocolate and finish with a pinch of sea salt.
5. Enjoy immediately while the marshmallows are soft; for a warm twist, pop the bowl in the microwave for 20 seconds.

Nutrition per serving

320 kcal	22 g	28 g	10 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you prefer extra sweetness, add another half-tbsp of honey.
- For a crunchier texture, use a mix of graham and toasted coconut flakes.
- This bowl pairs beautifully with a warm cup of hot cocoa.