



Chocolate Cake Batter Protein Bowl

Serves 2

½ cup coconut cream or full-fat organic plain yogurt
¼ cup vanilla protein powder
1 frozen (or fresh) banana
1 ½ cups unsweetened almond milk (or any milk)
¼ cup raw cacao powder
¼ cup chopped activated almonds or ¼ cup almond meal
½ cup buckwheat groats or whole rolled oats (or a combo)
Berries, nuts, coconut flakes, or raw cacao nibs, to serve

Dump all ingredients except the buckwheat and/or oats into a blender and blend until smooth. Add the buckwheat and/or oats, stir and pour into two bowls. Cover and place in fridge overnight. I put the batter in two mason jars so I have treats for two days. 😊

After eight hours scatter with your chosen toppings and serve!

Notes: I have substituted ingredients, like almond flour for almond meal, or regular cocoa if I don't have the raw cacao. And I don't usually add any toppings. The buckwheat groats I bought at Harmony Foods Coop. in the bulk section...I love how crunchy they are!

Credit: The I Quit Sugar Cookbook, Sarah Wilson