



Hot Cocoa

1 cup milk, skim
1 scoop Matrix 5.0, Simply Vanilla (or equivalent protein powder)
1 packet hot cocoa, sugar free

Heat milk in microwave on high power for 90 seconds or until desired temperature is reached. Stir in Matrix 5.0 and hot cocoa until dissolved. Makes one serving.

Nutrition information per serving: 231 calories; 33 grams protein; 2 grams fat; 426 mg sodium, 752 mg calcium.

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