



ME Recipe: Protein-Packed Fudgesicles

Ingredients:

- 2 scoops chocolate whey protein powder
- 1 1/2 cup unsweetened almond milk or coconut milk
- 3 tbsp unsweetened cocoa powder
- 2 tsp dehydrated coffee granules or 2 tbsp prepared coffee
- 1 avocado, very ripe, but not brown
- 3 drops stevia (or to taste)

Directions:

1. Combine all ingredients in a blender and blend until smooth.
2. Pour mixture into freezable molds and freeze 3–5 hours to eat, depending on the size of your mold. If you don't have popsicle molds, line a muffin tin with paper cups or use plastic cups. Add popsicle sticks after they've been in the freezer for 2–3 hours. This will help with keeping the popsicle sticks straight in the popsicles.
3. Once frozen, let set 4–5 minutes to loosen from molds.
4. Eat and enjoy!