



Hot Chocolate

Recipes and stir in ideas to
transform your tastebuds!





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Lifestyle

Protein Hot Chocolate

Ingredients:

1 Envelope [TotalLife Chocolate Pudding/Shake](#) or our [Hot Chocolate Mix](#)

8 Ounces Hot Water

Instructions:

- Add TotalLife Chocolate Pudding Shake to a mug
- Pour in 2-3 ounces of hot water and stir to make a paste (This will prevent lumps)
- Gradually add the rest of the hot water as you stir until fully mixed.
- Enjoy!





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Hot Chocolate Stir-In Ideas

- Add spices such as cinnamon, pumpkin pie spice, nutmeg, and anise to completely transform an ordinary cup of cocoa into something unique and festive!
- Give it a little kick by adding cinnamon, chili powder and cayenne
- You can also add flavoring extracts like vanilla, amaretto, almond, and peppermint to more exciting flavors like butterscotch, coconut, cherry, raspberry, and orange. Flavored extracts are a quick and easy way to liven up hot chocolate



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Protein Peanut Butter Hot Chocolate

Ingredients:

1 Envelope TotalLife Chocolate Pudding/Shake or protein Hot Chocolate mix
6-8 ounces hot water
2 tablespoons non-dairy alternative milk of your choice (Coconut, Almond, Oat, etc.)
1 tablespoon organic peanut butter
3-4 drops dark chocolate stevia

Instructions:

1. Pour protein powder in a mug
2. Slowly add a few ounces hot water and stir to make a paste then add more water little by little until mixed.
3. Add other ingredients and mix well and enjoy!



Eggnog Protein Shake

Ingredients:

- 1 cup cashew milk (or another non-dairy milk alternative)
- 1 envelope TotalLife Very Vanilla protein pudding/shake
- 1 small frozen banana sliced
- 1 teaspoon pumpkin pie spice
- 1 teaspoon vanilla extract
- stevia to taste (but the TL Very Vanilla protein powder may be sweet enough)
- fresh ground nutmeg to taste
- Ice (optional)

Instructions:

Add cashew milk, TotalLife protein powder, banana, pumpkin pie spice, vanilla, stevia, (optional ice) and nutmeg to high-power blender and blend until smooth. Makes 2 servings



Almond Milk Egnog

Ingredients:

- 2 cups plain almond milk
- 3 large egg whites*
- 1 tsp. liquid stevia
- 1 tsp. pure vanilla extract
- ½ tsp. ground nutmeg
- ½ tsp. ground cinnamon + extra to sprinkle on top

Instructions:

**If you don't want the eggs in your eggnog, simply omit them. But you will have to reduce the milk by about half to get it to thicken properly.*

1. Place all ingredients in a blender and blend for about 2-3 minutes (I used the pot I was going to cook it in and my hand blender).
2. Pour the eggnog into a pot and warm over medium-low heat for 15 minutes to cook the egg. You want this to get hot, but you do NOT want to boil it. Towards the end, it will want to simmer. Whisk constantly to avoid it.
3. Remove from heat and set the pot in the fridge when it's cooled enough to do so.
4. Chill overnight.
5. If you made this with the exact listed ingredients (no substitutions), you will see that when it's cold, it becomes very thick. Blend with a whisk.
6. If you find that it's far too thick, simply add a bit more milk until you reach the consistency you enjoy.
7. Pour into cups and sprinkle with cinnamon.

