



CP'S CHOCOLATE PB POPPERS



MAKES:
12 POPPERS

SERVING SIZE:
2 POPPERS

**CALORIES
PER SERVING** 116 kcal

P 9g

C 10g
NET CARBS: 5g

F 4g

**PREP AND
COOK TIME:**



PREP TIME
10 MINUTES



CHILL TIME
10-20 MINUTES



TOTAL TIME
20-30 MINUTES

EQUIPMENT NEEDED:



Measuring spoons



Spoon or spatula (for mixing)



Mixing bowl



Cookie sheet or baking tray



Microwave-safe bowl



Freezer or refrigerator

INGREDIENTS:



1.5 cups (160g) original peanut butter powder



½ bottle (240ml) vanilla high protein milkshake



2 Tbsp (18g) Sweetener



90g Lilly's Milk Chocolate Chips



1 tsp (4.5g) Coconut Oil



1 pinch sea salt



INSTRUCTIONS:

1 Form the Poppers:

In a mixing bowl, blend the peanut butter powder and the protein milkshake until combined. Roll or scoop into 1-inch balls.



2

Chill:

Place the balls on a cookie sheet and freeze for 10-20 minutes.

3

Melt the Chocolate:

In the microwave, melt the chocolate chips with coconut oil in 20-second intervals, stirring in between, until fully melted.



4

Coat the Poppers:

Drizzle or dip the peanut butter balls into the melted chocolate. top with pinch of salt before the chocolate hardens. Place back in the refrigerator until set.

5

Serve and Enjoy!

Once the chocolate has set, serve and enjoy these protein-packed treats.



COMPARISON TO TRADITIONAL PEANUT BUTTER CHOCOLATE SNACKS:

Category	CP's Reese's PB Poppers	Traditional PB Chocolate Snacks
Calories	119 kcal	120 kcal
Protein	9g	5g
Carbs	10g	124g
Fat	4g	16g
Net Carbs	5g	
Cost per serving	\$0.90	\$1.50



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**MAKES 6 SERVINGS
RECIPE TOTAL COST: \$5.50**