

Choco Fever Dream

Chocolate Protein S'Mores Bowl

10 min Prep time	**5 min** Cook time	**15 min** Total time
2 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Base

- [ ] 1 cup Greek yogurt
- [ ] 2 scoops chocolate whey protein powder
- [ ] 2 tbsp dark chocolate chips

Toppings

- [ ] 1/4 cup mini marshmallows
- [ ] 1/3 cup graham cracker crumbs
- [ ] 1 tbsp honey or maple syrup
- [ ] Pinch of sea salt

Instructions

1. In a bowl, whisk together Greek yogurt and chocolate protein powder until smooth; set aside.
2. Toast graham cracker crumbs in a dry skillet over medium heat for 2 minutes, stirring until lightly golden.
3. Layer the toasted crumbs at the bottom of two serving bowls.
4. Spoon the chocolate mousse over the crumbs, spreading gently.
5. Scatter mini marshmallows and dark chocolate chips on top, then drizzle with honey.
6. Optional: briefly torch the marshmallows or microwave for 10 seconds to create a warm, melted surface.

Nutrition per serving

280 kcal	22 g	28 g	9 g
Calories	Protein	Carbs	Fat

Tips & notes

- For extra fluffiness, fold a spoonful of whipped aquafaba into the mousse.
- If you prefer a thicker bowl, reduce the yogurt by a quarter.
- A pinch of cinnamon adds a cozy undertone without overpowering the chocolate.