Chocolate Morning Protein Shake

By Cara Clark, CN

August 1, 2025

Jump to recipe

Simple but sophisticated. That's what many of us want when it comes to our morning protein shake. Well, this chocolate morning protein shake delivers on both counts.

It's very easy to make with just a few key ingredients, while the blend of flavors brings an elevated taste and deliciousness to the proceedings.

There are not many better ways to begin your day, as this morning shake provides just the right amount of calories (338) with the ideal macros: 37 grams of carbohydrates, 12 grams of fat and 26 grams of protein.

Key ingredients

This morning protein shake is a quick, delicious way to pack in nutrients. You'll be amazed by the nutrition facts that these ingredients provide:

- **Coconut cream:** Provides performance fats called medium-chain triglycerides (MCTs) that help energize you.
- **Unsweetened almond milk:** Lends some flavor and protein to the shake, though you can also simply go with water.
- **Banana:** High in vitamin B6 and fiber, it's also considered one of the easiest foods to digest. You can also freeze it for an improved shake texture and leave out the ice.
- **Chia seeds:** A genuine superfood, these powerful chia seeds are high in many minerals, including selenium, magnesium and phosphorus. They're also high in fiber and omega 3s.
- **Chocolate Bone Broth Protein:** This is a fan favorite for gut, joint, and skin support — and it tastes like dessert! Based on protein content, it's twice as potent compared to other leading bone broth brands.
- **Cacao powder or peanut butter (optional):** For some extra fat and flavor, you can add a tablespoon of either.

This morning shake is loaded with nutrients, including some of the most helpful ones. It contains 10 grams of fiber to help your digestive health and keep you regular. It's packed with 26 grams of protein to support your muscles and keep you full.

One serving also contains 12 grams of performance fat courtesy of the coconut cream and chia seeds, which also help provide 183% Daily Value of omega-3s.

It's high in B vitamins, including B6, B2 and B1, as well vitamin C. It's also high in many minerals, including manganese, copper, magnesium, phosphorus and selenium.

How to make this morning protein shake

Get out your power blender and put in all the ingredients. You may choose to use a frozen banana, so ideally that's frozen from the night before. Either place chopped bananas in a container or wrap in plastic.

Optionally, you can add a tablespoon of peanut butter to add that type of flavor to the shake, or you can use a tablespoon of cacao powder for more chocolatey flavor and performance fats.

Blend until smooth. Then pour into a large glass and enjoy.

Cara Clark is the owner and primary Certified Nutritionist of Cara Clark Nutrition. Cara works with individuals and groups to promote overall health and address a wide range of nutrition-related issues.

Chocolate Morning Protein Shake Recipe

Servings	Time	Calories
1	5 min	338

Author
Cara Clark, CN

One of my favorite ways to start the day is with this chocolate morning protein shake. It's made with simple ingredients I usually have on hand, and it blends up in seconds.

Ingredients

- 1 tablespoon coconut cream
- ½ cup unsweetened almond milk
- 1 banana (can be frozen first)
- 1 tablespoon chia seeds
- 1 scoop Ancient Nutrition's Chocolate Bone Broth Protein
- handful of ice
- optional: 1 tablespoon peanut butter or cacao powder

Directions

1. Freeze banana for a few hours or overnight as an optional first step.
2. Add all the ingredients to a power blender.
3. Blend until smooth, then enjoy.

Nutrition

One chocolate morning protein shake (270 g) contains:

- Calories: 338
- Total Carbohydrate: 37 g
- Fiber: 10 g
- Sugar: 14.6 g
- Total Fat: 12 g
- Saturated Fat: 5.4 g
- Polyunsaturated Fat: 4.1 g
- Monounsaturated Fat: 1.7 g
- Trans Fat: 0.02 g
- Cholesterol: 0 mg
- Protein: 25.7 g
- Sodium: 200 mg (8% DV*)
- Omega-3: 2.6 g (183% DV)
- Manganese: 1 mg (56% DV)
- Copper: 0.333 mg (37% DV)
- Magnesium: 98 mg (32% DV)
- Vitamin B6: 0.445 mg (34% DV)
- Phosphorus: 191 mg (27% DV)
- Vitamin B3 (niacin): 2.373 mg (17% DV)
- Selenium: 9.6 mcg (17% DV)
- Vitamin C: 10.9 mg (15% DV)
- Vitamin B2 (riboflavin): 0.153 mg (14% DV)
- Vitamin B1 (thiamin): 0.141 mg (13% DV)

**Daily Value: Percentages are based on a diet of 2,000 calories a day.*

morning protein shake

Homemade Chocolate Candy Bar

By Holly Darnell, RD
October 20, 2023
Jump to recipe

With Halloween around the corner, chocolate may be on the brain — in particular, the chocolate candy bar. The only issue is that the average chocolate candy bar is full of inferior ingredients that aren't good for you.

But what if I told you that you can make a homemade chocolate candy bar and that it'll be more delicious than anything store-bought? And that it'll include 11 grams of protein per bar? Believe it.

Now, let's get to making these chocolate candy bars.

Best Ingredients for a Homemade Chocolate Candy Bar

First, some healthy fats like coconut oil, coconut flour, cashews, almond butter and almond flour are used. These add fabulous texture and are very workable for these candy bars.

In addition, each of these ingredients includes healthy nutrients. Did you know that medium-chain fatty acids found in coconut oil and coconut flour provide the perfect source of energy because they only have to go through a three-step process to be turned into fuel, as opposed to other fats that have to go through a 26-step process?

Meanwhile, cashews and almonds are two of the best nuts. Both are rich in unsaturated fatty acids and numerous other beneficial compounds, including plant-based protein, dietary fiber, and minerals like copper, zinc and magnesium.

For the sweetness, we go with honey and dark chocolate chips. Try to use raw honey that naturally contains 22 amino acids and 27 minerals. Also, unlike white sugar, raw honey does not cause a sugar spike and elevated insulin release. For the dark chocolate chips, try to go with 72 percent cacao for extra antioxidants.

Lastly, to given an extra boost of protein along with joint, gut and skin support, we use our Bone Broth Protein Chocolate. It also features collagen type II, glucosamine, chondroitin, hyaluronic acid and 18 amino acids! Its flavor also marries perfectly with the above ingredients to create a yummy chocolate candy bar.

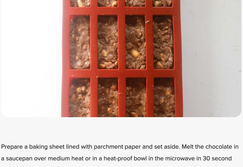
How to Make Homemade Chocolate Bars

In a medium saucepan, melt the coconut oil over medium heat. Add in salt and cashews, stir together and allow to toast for a few minutes. Remove from the heat and allow to cool a bit.

Next stir in almond butter, honey and vanilla extract. The almond butter can be unsalted and ideally smooth. The best honey is raw, as I explained above. Stir until well combined. Set aside.

In a separate medium bowl, add almond flour, coconut flour and the Bone Broth Protein Chocolate. Mix and then stir in the almond butter mixture with a rubber spatula and mix until just combined. Mixture will start out crumbly, but will eventually smooth into a dough-like consistency the more you work with it.

Next grab a 8x8 pan and line with parchment paper. Even easier, use a silicone candy bar mold. If using an 8x8 pan, press the dough evenly into the bottom of the dish. If using a silicone bar mold, place two tablespoons of dough into each cavity and press firmly to fit the mold. Place in the freezer for one hour.



Prepare a baking sheet lined with parchment paper and set aside. Melt the chocolate in a saucepan over medium heat or in a heat-proof bowl in the microwave in 30 second increments until melted and shiny. Dip each bar into the melted chocolate and place on the baking sheet. Top with Maldon flaky sea salt and freeze for an additional hour.

These bars will last up to two weeks in the refrigerator when stored in an airtight container. Bars will last two to three months in the freezer.

Other Tasty Treats

- Homemade chocolate protein bars (with Multi Collagen Protein Chocolate)
- Lemon cheesecake bars (with unflavored Multi Collagen Protein)
- Matcha donuts (with Matcha Collagen)
- Apple cider donuts (with Bone Broth Protein Pure)
- Peanut butter cookies (with Multi Collagen Advanced Lean powder)
- Pumpkin spice cookies (with Bone Broth Protein Pumpkin Spice)
- Cranberry almond energy bites (with Multi Collagen Protein Vanilla)
- Pecan pie energy balls (with Bone Broth Protein Vanilla)
- Pumpkin energy balls (with Bone Broth Protein Pumpkin Spice)
- Pumpkin chocolate chip cookie dough balls (with Collagen Peptides)
- Triple chocolate protein balls (with Plant Protein+ Chocolate)

Recipe developed by Holly Darnell, RD. Holly is a registered dietitian nutritionist who unlocked self-love at the intersection of exceptional food and practical solutions for healthy living. She's passionate about helping others make simple, positive lifestyle changes on their individual path to healing.

Chocolate Candy Bar Recipe

Category	Servings	Time
Desserts	14	2 hrs 30 min (Prep time: 30 min)

Calories	Author
373	Holly Darnell, RD

October is chocolate bar time. But this time, how about making your own chocolate candy bar? It's not only possible but crazy delicious and even good for you and your loved ones.

Ingredients

- 2 tablespoons coconut oil
- ½ teaspoon sea salt
- 1½ cups roasted cashews, chopped
- 1 cup creamy almond butter (unsalted, smooth)
- ½ cup honey (raw if possible)
- 1 teaspoon vanilla extract
- ½ cup almond flour
- ¼ cup coconut flour
- 2 scoops Bone Broth Protein Chocolate
- 1½ cups dairy-free dark chocolate chips (70% cacao)
- Maldon flaky sea salt, optional

Directions

1. In a medium saucepan, melt the coconut oil over medium heat. Add in salt and cashews, stir together and allow to toast for 3–4 minutes. Remove from heat and allow to cool.
2. Add in almond butter, honey and vanilla extract. Stir until well combined and almond butter is smooth. Set aside.
3. In a medium bowl, add almond flour, coconut flour and Bone Broth Protein Chocolate. Mix and then stir in almond butter mixture with a rubber spatula and stir until just combined. Mixture will start out crumbly, but will eventually smooth into a dough-like consistency.
4. Line a 8x8 pan with parchment paper or use a silicone candy bar mold. If using an 8x8 pan, press the dough evenly into the bottom of the dish. If using a silicone bar mold, place 2 tablespoons of dough into each cavity and press firmly to fit the mold. Place in the freezer for 1 hour.
5. Prepare a baking sheet lined with parchment paper and set aside. Melt the chocolate in a saucepan over medium heat or in a heat-proof bowl in the microwave in 30 second increments until melted and shiny. Dip each bar into the melted chocolate and place on the baking sheet. Top with maldon flaky sea salt and freeze for 1 hour.

Nutrition

Serving Size 1 bar (67 g), **Calories** 373, **Carbohydrates** 25.5 g, **Fiber** 4.6 g, **Sugar** 15.3 g, **Total Fat** 27 g, **Saturated Fat** 7.8 g, **Polyunsaturated Fat** 4.3 g, **Monounsaturated Fat** 12.4 g, **Trans Fat** 0 g, **Cholesterol** 0 mg, **Protein** 11.2 g, **Sodium** 90 mg (6% DV*), **Vitamin E** 5.5 mg (37% DV*), **Copper** 0.8 mg (88% DV*), **Manganese** 1 mg (57% DV*), **Magnesium** 136 mg (44% DV*)

*Daily Value: Percentages are based on a diet of 2,000 calories a day.

homemade chocolate candy bar | homemade chocolate bar

No-Bake Almond Butter Energy Balls

By Holly Darnell, RD

February 24, 2022

Jump to recipe

Snacks should be easy — a midday nibble to get you through to dinnertime or a little post-workout boost. But if you've ever attempted to find the right snack, you know how difficult it can be. So many store-bought snacks are packed with sugar, unhealthy oils and ingredients you've most likely never heard of.

But lately making your own snacks became an internet thing, in particular the "no bake" phenomenon. Many of the no-bake energy balls or "energy bites" can be delicious and snack-worthy. What is often missing, however, is a more balanced energy ball with nearly equal carbs, fat and protein. Most have too much sugar vs. not enough fat or sugar.

For these almond butter energy ball recipe, it's not the case. They're the real deal, with 191 calories per energy ball, with 15 grams of carbs, 11 grams of good fats and 10 grams of protein. They will fill you and power you through your afternoon.

It's why no bake energy balls can be the perfect healthy snack. They're portable, making them easy to carry along for a food fix on the go. And most of the protein comes from Bone Broth Protein Vanilla, which provides gut, skin and joint support. Oh, and did I mention they taste great?

How to Make Almond Butter Energy Balls

The easiest way to make these no-bake almond butter energy balls? Use a food processor and add the almond butter, honey, vanilla and sea salt. Pulse to combine.

Otherwise, use a wooden spoon to bring those ingredients together.

Next, either ask the remaining ingredients to the food processor or bowl and combine further.

Using a rubber scraper or even ice cream scooper, take out enough of the mixture to form golf ball-size balls. You'll need to use your hands to make sure they're well shaped and stick together. (So make sure your hands are extra clean!)

Place the balls on a baking sheet or a couple of plates. Simple refrigerate for one hour. Consume within a week or freeze half the batch. Enjoy!

Other Recipes for Energy Balls

- Cranberry Almond Energy Bites (with Multi Collagen Protein Vanilla)
- Strawberry Coconut No-Bake Energy Balls (with Bone Broth Protein Vanilla)
- Pecan Pie Energy Balls (with Bone Broth Protein Vanilla)
- Chocolate Chip Energy Balls (with Bone Broth Protein Chocolate or Vanilla)
- Pumpkin Energy Balls (with Bone Broth Protein Pumpkin Spice)
- Pumpkin Chocolate Chip Cookie Dough Balls (with Collagen Peptides)
- Raw Brownie Bites (with Bone Broth Protein or Plant Protein+ Chocolate)
- Triple Chocolate No-Bake Protein Balls (with Plant Protein+ Chocolate)

Recipe developed by Holly Darnell, RD. Holly is a registered dietitian nutritionist who unlocked self-love at the intersection of exceptional food and practical solutions for healthy living. She's passionate about helping others make simple, positive lifestyle changes on their individual path to healing.

No-Bake Almond Butter Energy Balls

Servings	Time	Calories
18	1 hour	191

Author
Holly Darnell, RD

What makes these no-bake energy balls the perfect healthy snack? They're portable, easy to make and loaded with healthy protein (courtesy of Bone Broth Protein).

Ingredients

- 1 cup almond butter, unsalted
- ½ cup raw honey (or maple syrup)
- 1 teaspoon vanilla extract
- ¼ teaspoon sea salt
- 1 cup gluten-free oats
- 1 cup Bone Broth Protein Vanilla
- ½ cup cacao nibs

Directions

1. Stir together almond butter, honey, vanilla and sea salt. (Or use a food processor.)
2. In a separate bowl, whisk the remaining ingredients together.
3. Combine both mixtures, stirring until well incorporated.
4. Form into ball shapes and refrigerate for 1 hour.

Nutrition

Calories 191, **Carbs** 14.7 grams, **Fiber** 2.9 grams, **Sugar** 5.8 grams, **Fat** 11 grams, **Unsaturated Fat** 7.6 grams, **Saturated Fat** 2 grams, **Trans Fat** 0 grams, **Cholesterol** 0 milligrams, **Protein** 10.3 grams, **Sodium** 82 milligrams

Carrot Cake Protein Bars Recipe

By Holly Darnell, RD

November 30, 2022

Jump to recipe

A gluten-free carrot cake treat loaded with nourishing Bone Broth Protein? You'd better believe it! If you love carrot cake, I guarantee you will love this protein- and vitamin-packed snack.

These moist, healthy carrot cake protein bars are perfect for on-the-go snacking and a great way to get a daily serving of veggies. They're also an ideal, satisfying macronutrient snack, with 26 grams of high quality carbs, 14 grams of protein and 16 grams of fat.

Top with grass-fed butter, a drizzle of honey or a thin layer cream cheese frosting ... then devour!

Nutrition Facts

These carrot cake squares pack a nutritional punch, with each bar delivering 26 grams of good carbs, 16 grams of performance fats and 14 grams of muscle-supporting protein.

Because of the carrots, each protein bar also provides a whopping 2,808 IU of vitamin A — 120 percent of your Daily Value.

Another nutrition-rich carrot-based recipe is our carrot oatmeal breakfast cake. Give it a try!

How to Make Carrot Cake Bars

These carrot cake bars are really easy to make. First, preheat oven to 375 F and then line an 8x8 baking dish with parchment paper.

In a power blender or food processor, blend together dates, coconut oil, vanilla and cinnamon.

Meanwhile, in a medium mixing bowl, whisk eggs, sea salt and Bone Broth Protein Vanilla powder together until well combined. Scrap the date mixture into the mixing bowl and combine well, with a whisk or wooden spoon.

Add remaining ingredients and stir to combine. Scrap into the baking dish and bake for 25 minutes, or until golden brown on outside.

Variations: Feel free to substitute the coconut oil for applesauce, or add a thin layer of cream cheese frosting for some decadence.

Other Protein Bar Recipes

- Chocolate protein bars
- Matcha protein bars
- Almond butter oatmeal bars
- Blueberry macadamia protein bars
- Lemon protein bars
- Birthday cake protein bars
- Almond butter banana protein bars
- Protein fig bars

Recipe developed by Holly Darnell, RD. Holly is a registered dietitian nutritionist who unlocked self-love at the intersection of exceptional food and practical solutions for healthy living. She's passionate about helping others make simple, positive lifestyle changes on their individual path to healing.

Carrot Cake Protein Bars Recipe

Servings	Time	Calories
10	35 min (10 min prep time; 25 min cook time)	266

Author
Holly Darnell, RD

Carrot cake is a delicious dessert but often is too high in sugar and usually bankrupt of protein. Not these carrot cake protein bars, which operate as a perfect snack that you can enjoy when out and about, or before a workout to give you energy.

Ingredients

- 1 cup dates, halved and pitted
- ½ cup melted coconut oil
- 1 teaspoon vanilla extract
- 2 teaspoons cinnamon
- 2 eggs
- ¼ teaspoon sea salt
- 4 scoops Bone Broth Protein Vanilla
- 1½ cups shredded carrots
- ½ cup walnut pieces
- 1½ cups oats
- ¾ cups raisins

Directions

1. Preheat oven to 375 F.
2. Line an 8x8 baking dish with parchment paper.
3. Blend together dates, coconut oil, vanilla and cinnamon.
4. In a medium mixing bowl, whisk eggs, sea salt and protein powder together until well combined.
5. Add date mixture and whisk to combine.
6. Add remaining ingredients and stir to combine.
7. Bake for 25 minutes, or until golden brown on outside.

Variations: substitute the coconut oil for applesauce, or add a thin layer of cream cheese frosting!

Recipe Video

Nutrition

Serving Size 1 square **Calories** 266, **Carbs** 26.2 grams, **Fiber** 5.1 grams, **Sugar** 10.6 grams, **Fat** 15.8 grams, **Saturated Fat** 10.2 grams, **Unsaturated Fat** 4.5 grams, **Trans Fat** 0 grams, **Cholesterol** 33 milligrams, **Protein** 13.5 grams, **Sodium** 151 milligrams (10% DV)

carrot cake bars | carrot cake protein bars

Pumpkin High-Protein Chia Seed Pudding

By Amanda Elyse

October 31, 2023

Jump to recipe

As the weather cools down, many of us tend to ditch the cold smoothies in favor of warm, cozy breakfasts instead. If you're looking for a healthy alternative to oatmeal or something like pancakes, this chia seed pudding recipe may be just what you want.

The great thing about chia seed pudding is that it requires very little effort and preparation (it mostly just has to sit overnight), plus there are endless ways to mix up the flavors. You can spice up a simple chia seed pudding with either of our favorite Bone Broth Protein flavors — BBP Salted Caramel or BBP Vanilla, which both provide you with added fall flavor in addition to protein and other nutrients.

Our friend and paid Ancient Nutrition influencer, Amanda Elyse, created this high-protein chia seed pudding that's also low in carbs. It will also get you into the fall spirit.

Healthy Ingredients

Why is chia seed pudding good for you? It ultimately depends on the specific ingredients used in the recipe you're making.

For example, our high-protein chia seed pudding recipe includes healthy fats from chia seeds, flax seeds and almond butter, protein from bone broth protein powder, plus fiber-rich pumpkin and warming spices including cinnamon.

Here's a bit more about some of the health benefits linked with the ingredients used in this chia seed pudding recipe:

- **Chia and flax seeds** — Chia and flax seeds are great sources of polyunsaturated fats, fiber, protein and even some omega-3 fatty acids. They can help to support healthy digestion and "regularity," plus they tend to be filling because they absorb water in your stomach and take up space.
- **Almond butter** — Almonds are a great source of polyunsaturated fats (PUFAS), fiber, vitamin E and other nutrients such as magnesium, manganese and calcium.
- **Pumpkin** — Canned/unsweetened pumpkin is a convenient way to boost your intake of vitamin A and fiber. Pumpkin benefits are real, for this cold-weather vegetable is full of antioxidants including lutein and zeaxanthin that can support healthy vision, healthy skin and more.
- **Cinnamon** — Did you know that cinnamon is recognized as one of the longest-existing spices in human history? It not only boosts the taste of many Fall-inspired recipes, but it's also high in antioxidants and other compounds like cinnamaldehyde, eugenol and linalool that can generally support metabolic health and a healthy digestive system.
- **Bone Broth Protein** — Bone Broth Protein Salted Caramel or Vanilla naturally feature 19 amino acids as well as type II collagen — which inherently provides chondroitin, glucosamine and hyaluronic acid. These delicious flavors are lightly sweetened with cinnamon and stevia extract rather than regular sugar, keeping the carb content and calories low. They are also made without dairy, gluten and soy and made from grass-fed and pasture-raised beef bone broth, which naturally features collagen to support healthy nails, skin and joints.

Check out the macros for each 220 calorie serving of this high-protein chia seed pudding: 14 grams of carbohydrates (including 7 grams of fiber), 12 grams of healthy fats and 16 grams of protein. What a great snack, dessert or even a high-protein breakfast for some.

Is chia pudding hard to digest? For most people, it shouldn't be. It's made without common digestive irritants such as dairy and gluten; however, it does contain nuts and seeds and is higher in fiber.

If you have trouble digesting high-fiber meals, then introduce this recipe to your routine slowly in order to make sure you tolerate it well. Drinking lots of water with high-fiber foods is also a good way to promote healthy digestion.

How to Make Pumpkin Chia Seed Pudding

Add almond milk, chia seeds and flax to a mason jar. Stir and shake well and let sit overnight or at least 30 minutes until consistency starts to thicken and gel.

Combine gelled chia and flax mixture with all other ingredients in a small saucepan.

Stir well over low heat until warm and protein powder is fully mixed in.

Serve! Optional to top with pecans and coconut flakes for extra crunch.

Other Pumpkin Recipes

- Pumpkin overnight oats
- Pumpkin smoothie
- Pumpkin spice waffles
- Pumpkin pancakes
- Pumpkin energy balls
- Pumpkin spice muffins
- Pumpkin spice cookies

Other Chia Seed Recipes

- Chocolate chia seed pudding
- Blueberry lemon chia seed pudding
- Coconut chia seed protein pancakes
- Chia seed smoothie bowl

Pumpkin Chia Seed Pudding

Category	Servings	Time
Snacks, Desserts	2	5 minutes

Calories	Author
220	Amanda Elyse

Chia seed pudding makes for a great snack or dessert, but how about making it also high in protein? Done! This high-protein chia seed pudding includes healthy fats from chia seeds, flax seeds and almond butter, protein from bone broth protein powder, plus fiber-rich pumpkin and warming spices including cinnamon.

Ingredients

- ½ cup unsweetened almond milk
- 2 tablespoons chia seeds
- 1 tablespoon ground flax seeds
- 1 scoop Bone Broth Protein Salted Caramel or Vanilla
- 2 tablespoons canned pumpkin
- 1 tablespoon almond butter
- 1 teaspoon Lakanto maple syrup
- ½ teaspoon pumpkin pie spice
- ¼ teaspoon cinnamon
- ¼ teaspoon sea salt
- ¼ teaspoon vanilla extract
- handful of pecans (optional)
- pinch of coconut flakes (optional)

Directions

1. Add almond milk, chia seeds and flax to a mason jar. Stir and shake well and let sit overnight or at least 30 minutes until consistency starts to thicken and gel.
2. Combine gelled chia and flax mixture with all other ingredients in a small saucepan.
3. Stir well over low heat until warm and protein powder is fully mixed in.
4. Serve! Optional to top with pecans and coconut flakes for extra crunch.

Nutrition

Calories 220, **Carbs** 14 grams, **Fiber** 7 grams, **Sugar** 3 grams, **Fat** 12 grams, **Saturated Fat** 1.5 grams, **Protein** 16 grams, **Cholesterol** 32 milligrams, **Sodium** 78 milligrams

chia seed pudding | high protein chia seed pudding | pumpkin chia seed pudding