Protein Chocolate Tart

Servings:	12
Calories (per serving):	310 kcal
Protein:	9 g
Carbs:	14.5 g
Fat:	22 g
Prep Time:	10 min
Total Time:	25 min

Ingredients:

Pie Crust

- 1 cup almond flour
- 1/4 cup coconut flour
- 1/4 tsp salt
- 1/4 tsp baking soda
- 2 tbsp honey
- 1/4 cup coconut oil

Pie Filling:

- 1 can of coconut milk (400 ml)
- Dark chocolate 85% cocoa (170g)
- 5 tbsp cocoa powder
- 2 scoops protein powder
- Shredded coconut and/or fruits for decoration (your favorite berries)

Preparation:

Mix all ingredients for pie crust in a bowl and form a dough. Add more coconut oil/water if it falls apart. Transfer dough to a baking form, flatten, and bake it in the oven for 10-15 minutes (180 C = 350 F). Let it cool off.

Bring coconut milk to boil in a small pot and take it off the heat. Add a chocolate and cocoa powder and mix with a whisk until smooth. Add protein powder at the end. Pour the filling onto the crust and decorate with your favorite fruits and/or shredded coconut. Refrigerate before serving.