

FUEL

BULK

SHRED

RECOVER

REBUILD AND RECOVER RAPIDLY  
TO STAY AHEAD OF THE GAME**THE WAY  
TO RECOVER****Musashi Chocolate Protein Bark**

Nutritionals	Per serve
Energy	97Kcal/ 408kJ
Protein	3g
Carbohydrates	9g
Fat	5g

**Ingredients (serves 14)**

- 200g dark cooking chocolate
- 1 scoop (15g) Musashi 100% Whey Protein Powder – Chocolate
- 1tsp natural honey
- 1tsp white chia seeds
- 2 handfuls of trail mix with cranberries, coconut and mixed seeds (i.e. superfood mix)

**Method**

1. Melt dark chocolate in a heat proof bowl in the microwave for approximately 2 ½ - 3 minutes.
2. Add Musashi 100% Whey to the melted chocolate.
3. Add honey to the chocolate mix.
4. Pour the mixture onto a cookie tray or dish lined with baking paper and smooth with a spoon.
5. Sprinkle mixed dried fruit and nuts over the top.
6. Sprinkle chia seeds over the top.
7. Place into the fridge for 2-hours or until firm.
8. Break into pieces and serve as a snack or store in the fridge for up to 4-days.