

PROTEIN

COCONUT CRISPY CUPS

INGREDIENTS

TOP LAYER

1 SCOOP 1UPNUTRITION COCONUT ICECREAM PROTEIN POWDER

3 TABLESPOONS COCONUT OIL

1/4 CUP WHOLE GRAIN PUFFS

BOTTOM LAYER

1 TABLESPOON COCONUT OIL

2 TABLESPOONS DARK CHOCOLATE CHIPS

7 MINI CUPCAKE LINERS

FOR COOKING INSTRUCTIONS

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