



Frozen Blueberry & Dark Chocolate Bowl

Ingredients:

- 1 serving Cream of Rice
- 2 squares 90% Dark Chocolate
- 1.5 scoops Legion Whey+ protein (cinnamon cereal)
- 6-8 oz water
- Cinnamon
- 50 grams frozen blueberries

Directions:

Step 1 – measure out 1 serving Cream of Rice (can use more or less but adjust water accordingly), add some sea salt (optional but recommended,) and water. Now stir.

Step 2 – follow the instructions if cooking in a microwave or stove top. I personally use microwave because its quick and easy. So we put our bowl in the microwave for 1 minute, take it out and stir, repeat until you get a consistency you are happy with or you see the Cream of Rice starting to rise (take it out once you see that happen, its ready)

Step 3 – now we add in our Legion Whey+ protein powder ! Use any flavor you like: Cinnamon Cereal , Salted Caramel , Dutch Chocolate, Chocolate Peanut Butter etc. ([Legion Whey+](#)) I use 1.5 scoops. Mix in the protein powder thoroughly.

Step 4 – since our bowl is pretty hot at the moment this is a great time to add in our 90% Dark Chocolate. Once we add it into the hot mixture its melts into this awesome syrup / fudge like consistency!

Step 5 – now we top off the bowl with our frozen blueberries, can't go wrong with antioxidants. I'm using 50grams here but feel free to adjust to meet your macros !

Step 6 – optional but if you like you can sprinkle on some cinnamon (cinnamon is great for insulin sensitivity.)

Note* Feel free to adjust the serving sizes of ingredients to meet your macronutrient needs! The great thing about this bowl is that even if we use just half a serving for Cream of Rice it will still be a voluminous, delicious, easy digesting meal that will ensure a great workout and awesome pump 🍷

Macros should be tailored to an individual, just like your diet or training plan. For athletes and bodybuilders, carbs can be used strategically and will help optimize recovery, exercise performance, hormones, muscle growth and more.