

Healthy Chocolate Mochi

- 1.5 cup low fat milk
- 1 tbsp psyllium husk
- 1 tbsp chia seeds
- 2 tbsp Nutrilite Soy Protein - Chocolate
- 2 tbsp Nutrilite All Plant Protein



1. Mix all ingredients thoroughly.
2. Pour into container & refrigerate overnight.
3. Cut into smaller pieces , coat with more chocolate protein powder.

Easy & Healthy Tiramisu

- 1 cup milk
- 1/4 cup oatmeal
- 1 tbsp chia seeds
- 2 cup yogurt
- Nutrilite Soy Protein - Chocolate
or Bodykey Meal Replacement - Chocolate/Latte



1. Mix milk, oatmeal, chia seeds and 1 tbsp of Nutrilite Soy Protein - Chocolate Bodykey Meal Replacement thoroughly.
2. Add a layer of the mixture into a container.
3. Layer with 2-3 tbsp of yogurt.
4. Sprinkle a layer of Nutrilite Soy Protein - Chocolate Bodykey Meal Replacement
5. Repeat till container is full.
6. Refrigerate overnight.

Enjoy!