

# Coconut Mocha Energy Gel

Put your extra brewed coffee to good use with this delicious, energy boosting trifecta of coffee, chocolate and coconut. Quick and easy energy gel for on the go. **Each serving has approx 64mg caffeine (the same as a whole cup of coffee!)**



**Prep Time:** < 5 mins

**Cooking Method:** Soak

**Cooking Time:** 15+ mins

**Yield:** 1

## Ingredients:

- 1/4 cup brewed coffee (*hot or cold; hot works faster*)
- 1/2 heaping tsp instant coffee
  - OR 2 tsp dry coffee grounds (*the finer, the better – for texture; see notes below*)
- 2 tsp chia seeds
- 1 & 1/2 tsp dried shredded coconut (*sweetened or unsweetened*)
- 1/2 tsp cocoa powder
- 3/4 tsp sugar

## Directions:

1. Combine instant coffee (or grounds), cocoa, coconut and sugar in a bowl. Stir to combine.
2. Add brewed coffee. Stir to dissolve cocoa and sugar.
3. Add chia seeds. Stir and let sit for at least 15 minutes (a gelatinous mixture will form)

Voilà! Your Coconut Mocha Energy Gel is ready to go!

## Notes:

- Store gel in the fridge for up to 1 week.
- Using coffee grounds results in a bolder, more bitter coffee taste...but has a slight grainy texture. BUT it has more caffeine. Pick your battles I guess.
- You certainly can make more than 1 serving at once (*simply multiply quantities by how many servings you want; prep is the same*). Each serving is 1/4 cup of finished gel.
- I like to pack single servings in 2 oz. **GoToobs**. Perfect size, packable and has a wide mouth/easy to fill.
- For a more basic coffee based energy gel, check out our [Java Energy Gel](#) post.

# Coconut Mocha Energy Gel (cont'd)

## Nutrition Information

*\*Nutrition information is estimated using an online nutrition calculator.*

*Actual nutrition facts may vary.*

### Per Serving:

**Calories:** 62 kcal **Protein:** 1.3g **Carbs:** 7g **Fat:** 3.5g **Fibre:** 3g

**Sugar:** 3.3g **Sodium:** 3.2mg **Saturated Fat:** 1.6g **Cholesterol:** 0mg



*Nomads Kitchen*

