

# Ghost High Protein Hot Cocoa Mix Returns for 2022 with Chocolate Peppermint!

written by PricePLOW Staff | November 28, 2022

'Tis the season! Temps dropping lower can only mean one thing: it's *bulking* season. The time for shirtless beach volleyball has passed, and in its place are gigantic wool sweaters that hide the less flattering aspects of putting on weight. After all, there's no such thing as a *totally* clean bulk.



Of course, it being chilly outside also means slamming down those cold protein shakes post-workout is a less refreshing proposition. What we really want is something *hot*. Something that warms the bones after the walk home from the gym in sub-freezing temperatures. If you weren't worried about your body composition, you'd throw down some piping-hot, delicious hot cocoa, but since you decided to start counting your macros, you can't always do that... Right?

## Ghost's High Protein Hot Cocoa has returned for 2022!

Wrong! In what has become something of a Christmas tradition, *Ghost Lifestyle* announced the limited release of their **High Protein Hot Cocoa**, and this year's release has a new flavor. And boy, is it as good as it sounds.

Keep reading to find out how Ghost got protein powder to work in hot temperatures, but first, let's check out PricePLOW for any Ghost deals:

## Ghost High Protein Hot Cocoa Mix – Deals and Price Drop

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## **...with *Milk Chocolate* and *Chocolate Peppermint!***

Once the leaves are all dead and the air starts biting, there's nothing quite so tasty as a large, frothy cup of hot chocolate. Of course, it's completely anathema to any sort of workout goal – tons of sugar, very little protein – and should really just be a special treat on rare occasions. Otherwise, your winter bulking phase will leave you bloated and without true gains come springtime.



In typical Ghost fashion, they decided *not* to be limited by such trivialities. For the last few years, Ghost has released their limited High Protein Hot Cocoa mix, just in time for the winter blues. This year is no exception.

Other brands release hot chocolate flavors, too. The problem, of course, arises

when you try to mix them with hot water or milk – the protein often denatures and stops mixing well if the water's too hot! Using *Glanbia Nutritionals' ProTherma hydrolyzed whey protein concentrate*, Ghost has actually allowed you to make real deal hot chocolate that's actually *hot* – with 20 grams of nice, clean protein.

## A bit on ProTherma

In what seems to us a giant step for mankind, Glanbia Nutritionals has concocted a protein powder that is soluble at high temperatures. You get much less clumping, and it's as easy to dissolve as a standard hot chocolate mix.

ProTherma is a game-changer for winter gainsmaxxing. No more cold protein shakes when what you really want is a high-protein shake that's hot enough to warm up your body from the inside out. It's the perfect addition to coffee, milk, and even a steamy bowl of maple brown-sugar oatmeal.

You can also read what we wrote when it was first launched in 2022 in our article titled *Ghost High Protein Hot Cocoa Mix launched with a Frosted Sugar Cookie Whey!*.

## High Protein Hot Cocoa Macro Profile

In each scoop of High Protein Hot Cocoa, your macros will depend on the flavor:



The Chocolate Peppermint flavor on the right will sport cleaner macros since it has no marshmallows

- **Calories: 120-130**
- **Protein: 20g**
- **Fat: 2g**
- **Carbs: 6-7g**
  - **Dietary Fiber: 1-2g**
  - **Total Sugars: 0-3g**

The cleaner macros (120 calories, 6 carbs, zero sugar) are actually with the *Chocolate Peppermint flavor!* Incredible hot cocoa with zero grams of sugar. But if you don't want the mint flavor, you'll have to go with the *Milk Chocolate* flavor.

### **Milk Chocolate flavor has *marshmallows***

Why does milk chocolate have more sugar? Because it includes *mini-marshmallows* as *inclusions!* Chocolate Peppermint does not.



### **A word of warning: no hot liquids in shaker cups**

Read the instructions on this one! It says to add the powder *alone* to an empty mug, and then add already-hot water to it and *stir!* **No shaking in shaker cups for any hot liquids!**

Otherwise the expansive energy of the heat may cause the lid to blow off and hot liquids to get everywhere. Anyone who's tried this with coffee may have already learned the valuable lesson.

### **This year's flavors**

As we said, Ghost releases their High Protein Hot Cocoa for a limited time each year and in a limited selection of flavors. This year, we have *Milk Chocolate* and *Chocolate Peppermint*:

Chocolate Peppermint, in particular, is out of this world, and you better hurry up if you want to snag some before they run out of stock:

## Winter, the season of bodybuilding



Summer may be the time to cut down and show off all the gains you made, but that requires you actually to make them in the first place. There is no better time to do so than in the winter. Making gains means more protein. Your macro balance has to be on point, or else you're risking putting on the *wrong* kind of weight.

It can be easy to get carried away and let your fitness goals fall by the wayside during the holidays. You're with family, you're having a grand ol' time, and you are surrounded by mouth-watering treats – pumpkin pie, gingerbread cookies, apple cider. It won't kill your health aspirations to have a treat *occasionally*, but indulging too often will lead to a few extra pounds, and those have a way of compounding. Those excess sugars and fats add up over time.

As an ode to the season, while still helping you stay in tip-top shape, Ghost has filled a hole in the market: protein powder that actually does well in hot temperatures. So no need to forego the hot chocolate this year: just make sure it also comes with 20 grams of protein!

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