



**BODYBUILDING.com™**

### **Pro JYM S'mores Stuffed Bison Burger**

#### **Ingredients**

Burger:

- 10 g (partial scoop) S'mores Pro JYM
- 4 oz. ground bison or beef (90% lean)
- 4 g PB Fit (powdered peanut butter)
- 1 rectangle graham cracker (1/4 full sheet), crushed
- 4 tsp Walden Farms Chocolate Sauce
- 1 whole-wheat bun, toasted
- 2 marshmallows

"Macro-Hacked Nutella":

- 12 g PB Fit
- 1 tbsp Walden Farms Chocolate Syrup
- 1-1/2 tsp Sugar-Free Torani Hazelnut Syrup

#### **Directions**

1. Divide the bison meat (or beef) into 2-ounce portions and form into two patties. Using a fork, press each patty to thin it out. Set patties aside on wax paper.
2. In a small bowl, create "S'more butter" by mixing together Pro JYM, PB Fit, crushed graham cracker, and Walden Farms Chocolate Sauce to form a paste. The paste should be thick enough to form into a ball.
3. Spoon the "S'mores butter" onto one of the bison patties, then place the other patty on top. Using a fork, press the edges of the two patties together to seal the edge and contain the "S'mores butter."
4. Cook burger in a non-stick skillet over medium heat for 5 minutes on one side. Flip the burger and cook for 3 more minutes until cooked to medium with an internal temperature of 155 degrees F.
5. While burger is cooking, prepare the "Macro-Hacked Nutella" and ready the bun for toasting.
6. Combine all Nutella ingredients and mix until smooth. Add another 1/4 graham cracker sheet, if desired and if macros allow.

7. Preheat broiler to 500 degrees F. Open the whole-wheat bun, place it face up on a baking sheet and put two marshmallows on the top half of the bun.
8. Place baking sheet in oven and broil until marshmallows turn golden brown.
9. Remove toasted bun from oven, spread the Macro-Hacked Nutella onto the bottom half of bun, and build your burger.

Servings: 1

Serving Size: 1 burger