

# Banana Protein Pudding



PREP TIME

5 mins



COURSE

Dessert, Gluten Free, Lunch, Snacks



SERVINGS

7

CALORIES

398 kcal

## EQUIPMENT

- 1 blender
- 1 large bowl

## INGREDIENTS

- 3 ½ c unsweetened almond milk
- 10 ½ scoops vanilla protein powder
- ¼ c + 2 Tbsp chia seeds
- Stevia to taste approximately 7 packets
- 3 tsp vanilla extract
- 7 bananas
- 1 ¾ c So Delicious Coco Whip Light

## INSTRUCTIONS

1. In a blender, combine the almond milk and 4 bananas. Blend until smooth.
2. Add the plant-based protein powder, chia seeds, stevia, and vanilla extract. Blend again until smooth and well-mixed. Scrape down the sides if need be.
3. Give the mixture a taste and adjust the sweetness by adding more stevia if needed.
4. Pour the blended mixture into a large bowl or divide it among 7 individual serving bowls or jars. Cover with a lid or plastic wrap.
5. Place the bowls in the refrigerator for at least 2-3 hours to allow the pudding to thicken. The chia seeds will absorb the liquid and create a pudding-like texture.
6. Once the pudding has thickened, top with more slices from the remaining 3 bananas.
7. Store in the fridge.

8. When ready to eat, top each serving with ¼ cup of the vegan whipped cream.

## NUTRITION

### Nutrition Facts

Banana Protein Pudding

**Amount Per Serving**

<b>Calories</b>	398	Calories from Fat	90
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		<b>% Daily Value*</b>	
<b>Fat</b>	10g	15%	
<b>Carbohydrates</b>	44g	15%	
<b>Protein</b>	35g	70%	

\* Percent Daily Values are based on a 2000 calorie diet.



Tried this recipe?

Let us know how it was!