

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	
Calories 398	Calories from Fat 90
% Daily Value*	
Fat 10g	15%
Carbohydrates 44g	15%
Protein 35g	70%
* Percent Daily Values are based on a 2000 calorie diet.	



Tried this recipe?
Let us know how it was!