



MOUSSE COLLECTION

A collection of our light, airy, and protein-packed mousses.

5 Macro-Verified Recipes

ProteinPudding | proteinpudding.co

WHAT'S INSIDE

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| 1. Vanilla Bean Protein Mousse | 22g protein |
| 2. Lemon Raspberry Protein Mousse | 24g protein |
| 3. Chocolate Avocado Protein Mousse | 18g protein |
| 4. Coffee Protein Mousse | 23g protein |
| 5. Double Chocolate Protein Mousse | 26g protein |
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Combined Shopping List

Pro Tips

Vanilla Bean Protein Mousse

22g

Prep: 10 min

Cook: 0 min

Total: 10 min

Yield: 4 servings

Difficulty: Easy

180

CALORIES

22g

PROTEIN

12g

CARBS

6g

FAT

INGREDIENTS

60g vanilla whey protein powder

240g silken tofu, drained

60ml unsweetened almond milk

1 tsp vanilla bean paste

5g stevia or other sweetener to taste

INSTRUCTIONS

- 1 In a blender, combine the protein powder, silken tofu, almond milk, vanilla bean paste, and sweetener.
- 2 Blend on high until the mixture is completely smooth and creamy.
- 3 Pour the mousse into individual serving dishes and refrigerate for at least 1 hour to set.
- 4 Serve chilled, garnished with fresh fruit or a sprinkle of cinnamon.
- 5 Store any leftover mousse in an airtight container in the refrigerator for up to 3 days.

Lemon Raspberry Protein Mousse

24g

Prep: 10 min

Cook: 0 min

Total: 10 min

Yield: 4 servings

Difficulty: Easy

210

CALORIES

24g

PROTEIN

14g

CARBS

7g

FAT

INGREDIENTS

60g vanilla whey protein powder

240g cottage cheese

60ml unsweetened almond milk

30ml fresh lemon juice

1 tsp lemon zest

100g fresh raspberries

INSTRUCTIONS

- 1 In a blender, combine the protein powder, cottage cheese, almond milk, lemon juice, and lemon zest.
- 2 Blend on high until the mixture is completely smooth and creamy.
- 3 Gently fold in the fresh raspberries, leaving some for garnish.
- 4 Pour the mousse into individual serving dishes and refrigerate for at least 1 hour to set.
- 5 Garnish with a few fresh raspberries and a sprinkle of lemon zest before serving.

Chocolate Avocado Protein Mousse

18g

Prep: 10 min

Cook: 0 min

Total: 10 min

Yield: 2 servings

Difficulty: Easy

280

CALORIES

18g

PROTEIN

20g

CARBS

18g

FAT

INGREDIENTS

45g chocolate plant-based protein powder

1 ripe avocado

60ml unsweetened almond milk

30g unsweetened cocoa powder

10g maple syrup or other sweetener to taste

INSTRUCTIONS

- 1 In a blender, combine the protein powder, avocado, almond milk, cocoa powder, and sweetener.
- 2 Blend on high until the mixture is completely smooth and creamy.
- 3 Pour the mousse into individual serving dishes and refrigerate for at least 1 hour to set.
- 4 Serve chilled, garnished with chocolate shavings or fresh berries.
- 5 Store any leftover mousse in an airtight container in the refrigerator for up to 2 days.

Coffee Protein Mousse

23g

Prep: 10 min

Cook: 0 min

Total: 10 min

Yield: 2 servings

Difficulty: Easy

190

CALORIES

23g

PROTEIN

10g

CARBS

7g

FAT

INGREDIENTS

60g vanilla or chocolate whey protein powder

240g silken tofu, drained

60ml strong brewed coffee, chilled

5g stevia or other sweetener to taste

INSTRUCTIONS

- 1 In a blender, combine the protein powder, silken tofu, chilled coffee, and sweetener.
- 2 Blend on high until the mixture is completely smooth and creamy.
- 3 Pour the mousse into individual serving dishes and refrigerate for at least 1 hour to set.
- 4 Serve chilled, garnished with a sprinkle of cocoa powder or a coffee bean.
- 5 Store any leftover mousse in an airtight container in the refrigerator for up to 3 days.

Double Chocolate Protein Mousse

26g

Prep: 10 min

Cook: 0 min

Total: 10 min

Yield: 2 servings

Difficulty: Easy

250

CALORIES

26g

PROTEIN

18g

CARBS

10g

FAT

INGREDIENTS

60g chocolate whey protein powder

240g silken tofu, drained

30g unsweetened cocoa powder

60ml unsweetened almond milk

5g stevia or other sweetener to taste

INSTRUCTIONS

- 1 In a blender, combine the protein powder, silken tofu, cocoa powder, almond milk, and sweetener.
- 2 Blend on high until the mixture is completely smooth and creamy.
- 3 Pour the mousse into individual serving dishes and refrigerate for at least 1 hour to set.
- 4 Serve chilled, garnished with chocolate shavings or fresh berries.
- 5 Store any leftover mousse in an airtight container in the refrigerator for up to 3 days.

COMBINED SHOPPING LIST

DRY INGREDIENTS

- 60g vanilla whey protein powder
- 45g chocolate plant-based protein powder
- 30g unsweetened cocoa powder
- 60g vanilla or chocolate whey protein powder
- 60g chocolate whey protein powder

DAIRY & EGGS

- 60ml unsweetened almond milk
- 240g cottage cheese

PRODUCE

- 30ml fresh lemon juice
- 1 tsp lemon zest

SWEETENERS & FLAVORINGS

- 1 tsp vanilla bean paste
- 10g maple syrup or other sweetener to taste

OTHER

- 240g silken tofu, drained
- 5g stevia or other sweetener to taste
- 100g fresh raspberries
- 1 ripe avocado
- 60ml strong brewed coffee, chilled

PRO TIPS

Measure by Weight

For accurate macros, always use a kitchen scale. Volume measurements (cups, tablespoons) can vary significantly.

Protein Powder Tips

Different protein powders absorb liquid differently. If your batter is too thick, add liquid 1 tablespoon at a time. If too thin, add a bit more flour.

Storage

Store at room temperature for 2-3 days, refrigerate for up to 1 week, or freeze for up to 3 months. Thaw overnight in the fridge.

Meal Prep

Make a double batch on Sunday for the week ahead. Portion into containers for grab-and-go convenience.

Substitutions

Visit proteinpudding.co for our interactive ingredient substitution tool that automatically recalculates macros when you swap ingredients.

Want More Recipes?

Visit us for more macro-verified puddings recipes, interactive ingredient substitutions, and more free recipe packs.

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