



QUICK PUDDINGS

Delicious protein puddings that are ready in 5 minutes or less.

5 Macro-Verified Recipes

ProteinPudding | proteinpudding.co

WHAT'S INSIDE

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Combined Shopping List
Pro Tips

Classic Chocolate Protein Pudding

25g

Prep: 5 min

Cook: 0 min

Total: 5 min

Yield: 4 servings

Difficulty: Easy

200

CALORIES

25g

PROTEIN

15g

CARBS

5g

FAT

INGREDIENTS

60g chocolate whey protein powder

240g plain Greek yogurt

60ml unsweetened almond milk

15g unsweetened cocoa powder

5g stevia or other sweetener to taste

INSTRUCTIONS

- 1 In a medium bowl, whisk together the protein powder, Greek yogurt, almond milk, cocoa powder, and sweetener.
- 2 Continue whisking until the mixture is completely smooth and no lumps remain.
- 3 Cover the bowl and refrigerate for at least 30 minutes to allow the pudding to set.
- 4 Divide the pudding into four servings and enjoy.
- 5 Optionally, top with a dollop of whipped cream or some fresh berries before serving.

Peanut Butter Cup Protein Pudding

28g

Prep: 5 min

Cook: 0 min

Total: 5 min

Yield: 2 servings

Difficulty: Easy

280

CALORIES

28g

PROTEIN

15g

CARBS

15g

FAT

INGREDIENTS

60g chocolate whey protein powder

30g powdered peanut butter

240g plain Greek yogurt

60ml unsweetened almond milk

5g stevia or other sweetener to taste

INSTRUCTIONS

- 1 In a bowl, whisk together the protein powder, powdered peanut butter, Greek yogurt, almond milk, and sweetener.
- 2 Continue whisking until the mixture is completely smooth and no lumps remain.
- 3 Cover and refrigerate for at least 30 minutes to allow the pudding to set.
- 4 Divide the pudding into two servings and enjoy.
- 5 Top with a sprinkle of chopped peanuts or a mini peanut butter cup.

Quick Vanilla Protein Pudding

25g

Prep: 5 min

Cook: 0 min

Total: 5 min

Yield: 2 servings

Difficulty: Easy

180

CALORIES

25g

PROTEIN

12g

CARBS

4g

FAT

INGREDIENTS

60g vanilla whey protein powder

240g plain Greek yogurt

60ml unsweetened almond milk

1 tsp vanilla extract

5g stevia or other sweetener to taste

INSTRUCTIONS

- 1 In a bowl, whisk together the protein powder, Greek yogurt, almond milk, vanilla extract, and sweetener.
- 2 Continue whisking until the mixture is completely smooth and no lumps remain.
- 3 This pudding can be served immediately, or chilled for a thicker consistency.
- 4 Top with your favorite fruit or a sprinkle of cinnamon.
- 5 Enjoy this quick and easy protein-packed snack anytime.

Caramel Protein Pudding

24g

Prep: 5 min

Cook: 0 min

Total: 5 min

Yield: 2 servings

Difficulty: Easy

220

CALORIES

24g

PROTEIN

16g

CARBS

6g

FAT

INGREDIENTS

60g salted caramel whey protein powder

240g plain Greek yogurt

60ml unsweetened almond milk

5g sugar-free caramel syrup

INSTRUCTIONS

- 1 In a bowl, whisk together the protein powder, Greek yogurt, almond milk, and caramel syrup.
- 2 Continue whisking until the mixture is completely smooth and no lumps remain.
- 3 Cover and refrigerate for at least 30 minutes to allow the pudding to set.
- 4 Divide the pudding into two servings.
- 5 Drizzle with a little extra caramel syrup before serving.

Mint Chocolate Protein Pudding

25g

Prep: 5 min

Cook: 0 min

Total: 5 min

Yield: 2 servings

Difficulty: Easy

210

CALORIES

25g

PROTEIN

15g

CARBS

6g

FAT

INGREDIENTS

60g chocolate whey protein powder

240g plain Greek yogurt

60ml unsweetened almond milk

1/4 tsp peppermint extract

5g stevia or other sweetener to taste

INSTRUCTIONS

- 1 In a bowl, whisk together the protein powder, Greek yogurt, almond milk, peppermint extract, and sweetener.
- 2 Continue whisking until the mixture is completely smooth and no lumps remain.
- 3 Cover and refrigerate for at least 30 minutes to allow the pudding to set.
- 4 Divide the pudding into two servings.
- 5 Top with a sprinkle of chocolate chips or a fresh mint leaf.

COMBINED SHOPPING LIST

DRY INGREDIENTS

- ☐ 60g chocolate whey protein powder
- ☐ 15g unsweetened cocoa powder
- ☐ 30g powdered peanut butter
- ☐ 60g vanilla whey protein powder
- ☐ 60g salted caramel whey protein powder

DAIRY & EGGS

- ☐ 240g plain Greek yogurt
- ☐ 60ml unsweetened almond milk

SWEETENERS & FLAVORINGS

- ☐ 1 tsp vanilla extract
- ☐ 5g sugar-free caramel syrup
- ☐ 1/4 tsp peppermint extract

OTHER

- ☐ 5g stevia or other sweetener to taste

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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