



CREAMY DREAMY

Indulge in our creamiest and most satisfying protein puddings and mousses.

5 Macro-Verified Recipes

ProteinPudding | proteinpudding.co

WHAT'S INSIDE

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| 1. Classic Chocolate Protein Pudding | 25g protein |
| 2. Vanilla Bean Protein Mousse | 22g protein |
| 3. Caramel Protein Pudding | 24g protein |
| 4. Banana Cream Protein Pudding | 22g protein |
| 5. Coconut Cream Protein Pudding | 20g protein |
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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.

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.

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.

Banana Cream Protein Pudding

22g

Prep: 5 min

Cook: 0 min

Total: 5 min

Yield: 2 servings

Difficulty: Easy

210

CALORIES

22g

PROTEIN

20g

CARBS

5g

FAT

INGREDIENTS

60g vanilla whey protein powder

1 ripe banana, mashed

180g plain Greek yogurt

60ml unsweetened almond milk

INSTRUCTIONS

- 1 In a bowl, whisk together the protein powder, mashed banana, Greek yogurt, and almond milk.
- 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 few banana slices and a sprinkle of cinnamon.

Coconut Cream Protein Pudding

20g

Prep: 5 min

Cook: 0 min

Total: 5 min

Yield: 2 servings

Difficulty: Easy

250

CALORIES

20g

PROTEIN

15g

CARBS

15g

FAT

INGREDIENTS

60g vanilla plant-based protein powder

240ml full-fat coconut milk

15g shredded coconut

5g stevia or other sweetener to taste

INSTRUCTIONS

- 1 In a bowl, whisk together the protein powder, coconut milk, shredded coconut, and sweetener.
- 2 Continue whisking until the mixture is completely smooth and no lumps remain.
- 3 Cover and refrigerate for at least 1 hour to allow the pudding to thicken.
- 4 Divide the pudding into two servings.
- 5 Top with toasted coconut flakes and fresh fruit.

COMBINED SHOPPING LIST

DRY INGREDIENTS

- 60g chocolate whey protein powder
- 15g unsweetened cocoa powder
- 60g vanilla whey protein powder
- 60g salted caramel whey protein powder
- 60g vanilla plant-based protein powder

DAIRY & EGGS

- 240g plain Greek yogurt
- 60ml unsweetened almond milk
- 180g plain Greek yogurt
- 240ml full-fat coconut milk

PRODUCE

- 1 ripe banana, mashed

SWEETENERS & FLAVORINGS

- 1 tsp vanilla bean paste
- 5g sugar-free caramel syrup

OTHER

- 5g stevia or other sweetener to taste
- 240g silken tofu, drained
- 15g shredded coconut

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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