



GLUTEN-FREE & DAIRY-FREE

A collection of our best gluten-free and dairy-free recipes, perfect for those with dietary restrictions.

4 Macro-Verified Recipes

ProteinPudding | proteinpudding.co

WHAT'S INSIDE

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Combined Shopping List

Pro Tips

Gluten-Free Chocolate Chia Protein Pudding

20g

Prep: 5 min

Cook: 0 min

Total: 245 min

Yield: 2 servings

Difficulty: Easy

220

CALORIES

20g

PROTEIN

18g

CARBS

10g

FAT

INGREDIENTS

60g chia seeds

30g chocolate whey protein powder

15g unsweetened cocoa powder

360ml unsweetened almond milk

2 tbsp maple syrup or sweetener of choice

1/2 tsp vanilla extract

Pinch of salt

Fresh berries for topping

INSTRUCTIONS

- 1 In a bowl or jar, whisk together the almond milk, protein powder, cocoa powder, maple syrup, vanilla, and salt until smooth.
- 2 Stir in the chia seeds until evenly distributed.
- 3 After 5 minutes, stir again to prevent clumping.
- 4 Cover and refrigerate for at least 4 hours or overnight until thick and pudding-like.
- 5 Divide between two bowls and top with fresh berries. Store leftovers in the refrigerator for up to 5 days.

Dairy-Free Vanilla Coconut Protein Pudding

18g

Prep: 10 min

Cook: 10 min

Total: 130 min

Yield: 4 servings

Difficulty: Easy

195

CALORIES

18g

PROTEIN

15g

CARBS

10g

FAT

INGREDIENTS

400ml full-fat coconut milk

60g vanilla plant-based protein powder

30g cornstarch

60g coconut sugar

1 tsp vanilla extract

Pinch of salt

Toasted coconut flakes for topping

INSTRUCTIONS

- 1 In a medium saucepan, whisk together the protein powder, cornstarch, coconut sugar, and salt.
- 2 Gradually whisk in the coconut milk until smooth with no lumps.
- 3 Place over medium heat and cook, whisking constantly, until the mixture thickens and begins to bubble, about 8-10 minutes.
- 4 Remove from heat and stir in the vanilla extract.
- 5 Divide among 4 serving dishes. Press plastic wrap directly onto the surface to prevent a skin. Refrigerate for at least 2 hours. Top with toasted coconut before serving.

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COMBINED SHOPPING LIST

DRY INGREDIENTS

- ☐ 30g chocolate whey protein powder
- ☐ 15g unsweetened cocoa powder
- ☐ 60g vanilla plant-based protein powder

DAIRY & EGGS

- ☐ 360ml unsweetened almond milk
- ☐ 400ml full-fat coconut milk

SWEETENERS & FLAVORINGS

- ☐ 2 tbsp maple syrup or sweetener of choice
- ☐ 1/2 tsp vanilla extract
- ☐ 60g coconut sugar
- ☐ 1 tsp vanilla extract

OTHER

- ☐ 60g chia seeds
- ☐ Pinch of salt
- ☐ Fresh berries for topping
- ☐ 30g cornstarch
- ☐ Toasted coconut flakes for topping

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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