



# CHOCOLATE LOVERS

A collection of our richest and most decadent chocolate protein puddings.

5 Macro-Verified Recipes

ProteinPudding | [proteinpudding.co](http://proteinpudding.co)

## WHAT'S INSIDE

- |                                       |             |
|---------------------------------------|-------------|
| 1. Classic Chocolate Protein Pudding  | 25g protein |
| 2. Chocolate Chia Protein Pudding     | 20g protein |
| 3. Peanut Butter Cup Protein Pudding  | 28g protein |
| 4. Double Chocolate Protein Mousse    | 26g protein |
| 5. Chocolate Hazelnut Protein Pudding | 27g protein |
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Combined Shopping List

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Pro Tips

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# 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.

# Chocolate Chia Protein Pudding

20g

Prep: 5 min

Cook: 0 min

Total: 5 min

Yield: 2 servings

Difficulty: Easy

**250**

CALORIES

**20g**

PROTEIN

**20g**

CARBS

**12g**

FAT

## INGREDIENTS

60g chocolate plant-based protein powder

45g chia seeds

360ml unsweetened almond milk

15g unsweetened cocoa powder

5g maple syrup or other sweetener  
to taste

## INSTRUCTIONS

- 1 In a bowl or jar, whisk together the protein powder, chia seeds, and cocoa powder.
- 2 Pour in the almond milk and sweetener, and whisk until well combined.
- 3 Cover and refrigerate for at least 4 hours or overnight, until the pudding has thickened.
- 4 Stir the pudding well before serving. If it's too thick, add a splash of almond milk.
- 5 Top with your favorite toppings, such as fresh berries, nuts, or seeds.

# 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.

# 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.

# Chocolate Hazelnut Protein Pudding

27g

Prep: 5 min

Cook: 0 min

Total: 5 min

Yield: 2 servings

Difficulty: Easy

**260**

CALORIES

**27g**

PROTEIN

**16g**

CARBS

**12g**

FAT

## INGREDIENTS

60g chocolate whey protein powder

240g plain Greek yogurt

60ml unsweetened almond milk

15g hazelnut butter

5g stevia or other sweetener to taste

## INSTRUCTIONS

- 1 In a bowl, whisk together the protein powder, Greek yogurt, almond milk, hazelnut butter, 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 chopped hazelnuts and a drizzle of melted chocolate.

# COMBINED SHOPPING LIST

## DRY INGREDIENTS

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- 60g chocolate whey protein powder
- 15g unsweetened cocoa powder
- 60g chocolate plant-based protein powder
- 30g powdered peanut butter
- 30g unsweetened cocoa powder

## DAIRY & EGGS

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- 240g plain Greek yogurt
- 60ml unsweetened almond milk
- 360ml unsweetened almond milk
- 15g hazelnut butter

## SWEETENERS & FLAVORINGS

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- 5g maple syrup or other sweetener to taste

## OTHER

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- 5g stevia or other sweetener to taste
- 45g chia seeds
- 240g silken tofu, drained

## 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](http://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.

[proteinpudding.co](http://proteinpudding.co)