



## CREAMY DREAMY

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

5 Macro-Verified Recipes

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

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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.

# 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

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- 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

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

## PRODUCE

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- 1 ripe banana, mashed

## SWEETENERS & FLAVORINGS

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

## OTHER

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- 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](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)