



# CHOCOLATE LOVERS

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

5 Macro-Verified Recipes

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

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.

# 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](https://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](https://proteinpudding.co)