



# QUICK PUDDINGS

Delicious protein puddings that are ready in 5 minutes or less.

5 Macro-Verified Recipes

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

## WHAT'S INSIDE

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| 2. Peanut Butter Cup Protein Pudding | 28g protein |
| 3. Quick Vanilla Protein Pudding     | 25g protein |
| 4. Caramel Protein Pudding           | 24g protein |
| 5. Mint Chocolate Protein Pudding    | 25g 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.

# 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.

# Quick Vanilla Protein Pudding

25g

Prep: 5 min

Cook: 0 min

Total: 5 min

Yield: 2 servings

Difficulty: Easy

**180**

CALORIES

**25g**

PROTEIN

**12g**

CARBS

**4g**

FAT

## INGREDIENTS

60g vanilla whey protein powder

240g plain Greek yogurt

60ml unsweetened almond milk

1 tsp vanilla extract

5g stevia or other sweetener to taste

## INSTRUCTIONS

- 1 In a bowl, whisk together the protein powder, Greek yogurt, almond milk, vanilla extract, and sweetener.
- 2 Continue whisking until the mixture is completely smooth and no lumps remain.
- 3 This pudding can be served immediately, or chilled for a thicker consistency.
- 4 Top with your favorite fruit or a sprinkle of cinnamon.
- 5 Enjoy this quick and easy protein-packed snack anytime.

# 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.

# Mint Chocolate Protein Pudding

25g

Prep: 5 min

Cook: 0 min

Total: 5 min

Yield: 2 servings

Difficulty: Easy

**210**

CALORIES

**25g**

PROTEIN

**15g**

CARBS

**6g**

FAT

## INGREDIENTS

60g chocolate whey protein powder

240g plain Greek yogurt

60ml unsweetened almond milk

1/4 tsp peppermint extract

5g stevia or other sweetener to taste

## INSTRUCTIONS

- 1 In a bowl, whisk together the protein powder, Greek yogurt, almond milk, peppermint extract, 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 a sprinkle of chocolate chips or a fresh mint leaf.

# COMBINED SHOPPING LIST

## DRY INGREDIENTS

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- 60g chocolate whey protein powder
- 15g unsweetened cocoa powder
- 30g powdered peanut butter
- 60g vanilla whey protein powder
- 60g salted caramel whey protein powder

## DAIRY & EGGS

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- 240g plain Greek yogurt
- 60ml unsweetened almond milk

## SWEETENERS & FLAVORINGS

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- 1 tsp vanilla extract
- 5g sugar-free caramel syrup
- 1/4 tsp peppermint extract

## OTHER

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- 5g stevia or other sweetener to taste

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