



ð?•? Cottage Cheese Protein Pudding

Description

Creamy. High-protein. Naturally sweet. This cottage cheese pudding is blended until silky smooth, then topped with fresh strawberries, shredded coconut, and a pinch of cinnamon for a dessert (or breakfast!) thatâ??s both delicious and nourishing.

ð?¥£ Ingredients

For the Pudding:

- 1 cup cottage cheese (full-fat or low-fat)
- 1 medium banana (or 1â??2 tbsp honey/maple syrup)
- 1/2 tsp vanilla extract
- Optional: 1 scoop vanilla protein powder (for extra protein)
- Optional: 1â??2 tbsp Greek yogurt (for added creaminess)

Toppings:

- Fresh strawberries, halved
- Unsweetened shredded coconut
- Ground cinnamon

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ð?•½ï,• Instructions

1. Blend the Pudding:

Add cottage cheese, banana (or sweetener), vanilla, and protein powder (if using) to a blender. Blend until completely smooth and creamy â?? no lumps.

2. Chill (Optional):

For best texture, refrigerate for 30â??60 minutes to allow it to set slightly. This also enhances the flavor!

3. **Serve & Top:**
Spoon the pudding into a serving bowl. Arrange fresh strawberries on top, sprinkle with shredded coconut, and finish with a dash of ground cinnamon.
4. **Enjoy!**
Eat it immediately as a healthy snack, dessert, or breakfast!

Why You'll Love It:

- High in protein and calcium
- Low in added sugar (banana or honey optional)
- Super creamy without any cream
- Quick, easy, and no cooking needed!

ðŸŒ Nutrition (Per Serving â?? approx. 1 cup)

(Using 1 cup low-fat cottage cheese, 1 medium banana, 1 scoop vanilla whey protein, and toppings)

Nutrient	Amount
Calories	~240 kcal
Protein	~28g
Fat	~5g
Carbohydrates	~22g
â??Sugars (natural)	~13g
Fiber	~2g
Calcium	~20% DV
Sodium	~450mg

â? Notes:

- **Using full-fat cottage cheese** will increase calories and fat slightly.
- **Without protein powder**, protein drops to ~14g per serving.
- **Banana vs. honey:** A medium banana has about 14g natural sugar; 1 tbsp honey adds about 17g sugar.
- **Greek yogurt (optional)** adds more protein and creaminess.

Category

1. High Protein Recipes

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