



High Protein Banana Pudding Recipe

Description

Craving a guilt-free treat? Dive into this easy protein-packed banana pudding featuring cottage cheese.

This is the perfect dessert to satisfy your sweet tooth and can easily be tailored to be low-carb.

Use a high-speed blender to ensure all ingredients are thoroughly blended. This helps break down any lumps and creates a smoother consistency.

I also tested this with a food processor and it didn't get as smooth. A high-speed blender is a MUST to get that silky consistency.

PREPARATION TIME:

- Prep Time: 10 minutes
- Total Time: 10 minutes

Ingredients

- 2 cups cottage cheese
- 1/4 cup vanilla protein powder
- 2 1/2 tbsp banana pudding mix I used Simply Delish (better ingredients)
- 1-2 tbsp maple or sugar-free syrup
- 1 tsp vanilla extract
- 1/2 banana optional (remove for low carb)
- 1-2 tbsp milk, plant-based or regular to thin if needed

Topping

- 2 tbsp crushed wafers see notes for dietary subs
- 1/4 cup whipped topping (remove for low carb)
- banana slices optional

Instructions

- **Blend:** Add the cottage cheese to a high-speed blender and blend until smooth. Once smooth, combine the rest of the pudding ingredients and blend again until smooth. If the mixture is too thick, add milk gradually until you achieve the desired consistency. Start with a tablespoon of milk and increase as needed until you reach your preferred texture
- **Serving:** For optimal flavor, enjoy this dessert chilled. Letting it sit overnight enhances the flavors and makes it so much better! Transfer the pudding to an airtight container or cover with a lid. Refrigerate for 3-4 days.
- **Build Pudding Cups:** In two glasses, layer crushed wafers at the bottom, followed by a tablespoon of whipped topping and banana pudding. Repeat the layers, finishing with whipped topping, crushed wafers, and a slice of banana on top.

Notes

- **Low Carb Option:** remove the banana, sub High Key low-carb wafers for regular wafers and use sugar free syrup in place of maple syrup.
- **Gluten-Free Option:** make the recipe as is and use Simple Mills Sweet Thins in place of regular wafers.
- **Dairy-Free Option:** Sub your favorite dairy-free yogurt in place of cottage cheese, use dairy-free whipped topping, dairy-free milk and use Simple Mills Sweet Thins in place of regular wafers.
- **Storage:** Transfer the pudding to an airtight container or cover with a lid. Refrigerate for 3-4 days. Before serving leftover pudding, give it a quick stir to redistribute any separated ingredients, and enjoy it chilled for the best taste and texture.

Nutrition

- Serving: 1serving | Calories: 286kcal | Carbohydrates: 8g | Protein: 40g | Fat: 5g | Saturated Fat: 3g | Polyunsaturated Fat: 0.1g | Monounsaturated Fat: 1g | Cholesterol: 46mg | Sodium: 1081mg | Potassium: 282mg | Sugar: 7g | Vitamin A: 100IU | Calcium: 237mg | Iron: 0.3mg

Category

1. High Protein Recipes

Date Created

25/11/2024

Author

rauf