



Protein Pudding

Description

This homemade **Protein Pudding** is the best high protein snack. Made with 2 ingredients and no sugar, this healthy pudding packs 57 grams of protein in a bowl. Have fun experimenting with flavors!

- Prep Time 2 minutes mins
 - Cook Time 0 minutes mins
 - Total Time 2 minutes mins
-
- Course: Breakfast, Dessert, Snack
 - Cuisine: Clean eating, High Protein, Keto, Low calorie, Low carb
 - Keyword: chocolate, Greek yogurt, protein powder
 - Servings: 1 serving

Ingredients

- 1 cup (250 g) Greek yogurt low fat or full fat
- ½ cup (40 g) protein powder I recommend chocolate or vanilla flavor

Optional Ingredients

- 1 tbsp cocoa powder
- 1 to 2 tbsp maple syrup if necessary, to taste
- milk of choice if necessary, see notes*

Instructions

- In a bowl, combine Greek yogurt with protein powder and any optional mix-in (such as cocoa powder). Using a whisk or spoon, stir until the mixture reaches a pudding texture. Based on protein powder, you may need to thin it out with little milk if too thick.
- Taste and adjust the sweetness with maple syrup or honey, if necessary.
- Serve immediately, or place in an airtight container and store in the refrigerator for up to 3 days.

Notes

- If using **unflavored protein powder**, adjust the taste with 1 - 2 tablespoons of maple syrup and optional mix-ins (such as 1/2 tsp vanilla extract or 1 tbsp cocoa powder).
- I recommend making pudding with whey protein powder because it mixes better and produces a smoother consistency.
- Vegan protein powder and casein may make the pudding thick. Adjust with a splash of milk, if it is necessary.

Nutrition

Serving: 1 serving | Calories: 317kcal | Carbohydrates: 9.2g | Protein: 57.2g | Fat: 4.6g | Saturated Fat: 2.1g | Polyunsaturated Fat: 0.1g | Monounsaturated Fat: 0.3g | Trans Fat: 0.01g | Vitamin A: 10IU | Iron: -31.1mg

Category

1. High Protein Recipes

Date Created

07/01/2025

Author

rauf