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SIMPLE CHOCOLATE PROTEIN PUDDING

Chocolate protein pudding is the perfect afternoon snack or healthy dessert! This low carb high protein pudding is ready in about 2 minutes and is gluten free, dairy free, vegan and so easy to make! Only 4 ingredients!



4.5 from 4 votes

Course: Dessert, Snack **Cuisine:** American

Keyword: dairy free protein pudding, protein pudding recipe, vegan protein pudding

Prep Time: 5 mins **Total Time:** 5 mins **Servings:** 1

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INGREDIENTS

- 1 serving [chocolate protein powder](#) - vegan
- 2 tbs. [cacao powder](#) - or cocoa powder
- 3/4-1 cup [milk of choice](#) - cold
- 1 tbs. [almond butter or coconut butter](#) - see post for nut free suggestions

INSTRUCTIONS

1. Combine the protein powder, cacao powder and milk in a bowl. Stir well until most of the lumps are fully removed. Start with 3/4 cup of dairy free milk and add a little at a time so it doesn't get too runny.
2. Once the lumps are gone, add the creamy almond butter or melted coconut butter and stir well until you have a pudding consistency.
3. Refrigerate up to 8 hours or serve immediately.

[rp4wp]

NOTES

Note whey or collagen based protein, start at slightly less than 1/2 cup of milk and add more as needed

When the nut butter is added to cold liquid, it will help thicken the texture. This pudding will continue to thicken in the fridge.

You may need to set this up in the fridge for 30 minutes for the best texture

NUTRITION INFORMATION

Nutrition Facts

Amount Per Serving

Calories 239

Fat 13g

Carbohydrates 17g

Fiber 10g

Sugar 2g

Protein 21g

Where does nutrition info come from? Nutrition facts are provided as a courtesy, sourced from the USDA Food Database.



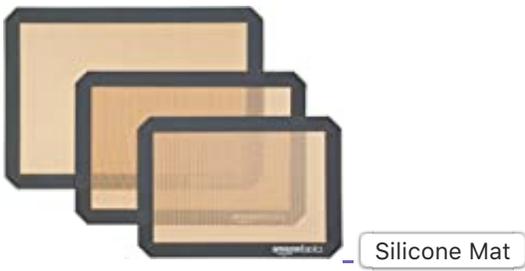
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Silicone Mat



Blender

Simple Chocolate Protein Pudding <https://bitesofwellness.com/simple-chocolate-protein-pudding/>