



Casein Pudding

Ingredients

Casein protein powder 1 scoop
Sugar-free Jell-O pudding mix 2 tsp
Sliced banana 1 medium
Water as needed

Directions

1. Combine casein and pudding mix into a bowl. Begin stirring and add water as needed until desired pudding-like consistency is achieved.
2. Add sliced banana and enjoy.

Nutrition Facts

Serving size: 1 bowl
Recipe yields 1 serving

Calories 340

Fat 3 g

Carbs 32 g

Protein 26 g