Day 7, Meal 5: Bedtime Snack: High-Protein Peanut Butter Pudding

Ingredients
Casein protein powder, 1 scoop
Peanut butter, 2 tbsp
Water, as needed

Directions
1. Heat the peanut butter in a microwave-safe dish until melted, about 15-20 seconds.
2. Add the protein powder and a drizzle of water, and begin stirring. Be patient.
3. Slowly add more water while you continue to stir (as needed) until you reach your desired consistency.

Nutrition Facts:
Serving size: 1 bowl
Recipe yields 1 serving

Calories: 321
Fat: 17 g
Carbohydrates: 11 g
Protein: 31 g