



Chocolate Protein Pudding:

Ingredients:

Sugar-free, fat-free Jell-O chocolate pudding powder
2 cups skim milk
1 scoop low-carb chocolate whey protein powder

Directions:

Prepare the chocolate pudding using two cups of skim milk. Note: If you want to make it extra thick, then reduce the skim milk down to just 1 or 1.5 cups instead.

When your pudding is ready, add in a scoop of your favorite chocolate whey protein powder. Continue blending until well mixed and then place into individual serving bowls.

Want to get fancy? Try these ideas:

- Alternate layers of chocolate protein pudding with fresh strawberries
- Use vanilla or white chocolate pudding instead (replace chocolate protein powder with vanilla)
- Make chocolate and vanilla protein pudding and then create layers of chocolate, vanilla, and fruit in the serving cup. Top with a few maraschino cherries for a beautiful effect.

Approximate nutritional information (1/4 of the recipe without fruit): 98 calories, 10.5 grams protein, 13 grams carbs, .5 grams of fat